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# FROM THE EDITOR

# **Body Positive**

he looks fast. She looks fit. She looks healthy. You've probably said (or thought) these statements a few times—I know I have. It's natural to make judgments about someone's lifestyle or running ability based on her appearance. What we don't often realize, however, is that what we can see tells a very small fraction of the story.

When I was on the cross-country team in high school, I went over to a friend's house one day and her mother exclaimed, "You look *just* like a runner." She called her husband into the room. "Doesn't Jessie have the perfect runner's body?" she asked him.

My friend's mom was right. I *did* look like a "runner." With my spindly legs sticking out of my shorts and my collarbones

Better
Teacher
Instead of focusing on what running does for my body, I now focus on the joy it brings to my life—like this moment in May when I had the pleasure of pacing my little brother through his very first half marathon.

poking through my T-shirt, my body resembled what many people think of when they picture a long-distance athlete.

What Mrs. Padula didn't know was that while I may have looked fit, inside I was far from healthy. She couldn't tell that I had my daily food intake scribbled down on a scrap of paper in the pocket of those shorts. She had no idea that I was 14 years old and still hadn't gotten my period, or that I had whittled myself down to 82 pounds and desperately wanted more weight to fall off.

All of this is to say, don't judge a runner by her cover. Just as someone can appear to be in shape, when in fact she's destroying her body, someone can appear to be conventionally out of shape when she's an athlete to be reckoned with.

That's why we're focusing this issue on body positivity. In "The Weight Debate," trainer and coach Rachel Cosgrove makes a flawless argument proving why the number on the scale is completely irrelevant. Our Marathon Maniac columnist opens up about her own issues with eating disorders and how running helps her battle her disease. In "Perfect Fit," we feature the best new gear for runners with larger frames, a body type the fitness industry too often overlooks.

It's important to remember that runners come in all sizes—and healthy does too. You look fast when you're striding down the street at top speed. You look fit when you're holding a plank with perfect form. You look healthy when you're making the best decisions for your mind, body and spirit.

Jessie Sebor / @Jessie Sebor

Join in on the fun! Use #TeamWR on Twitter or Instagram to share questions, pics, tips and brags!

# CHECK OUT THESE AWESOME WOMEN WHO LOOK LIKE RUNNERS...



**Harriette Thompson:** At 92, she became the oldest woman to finish a marathon.



**Alysia Montaño:** At 34 weeks pregnant, she ran the 800 meters in an incredible time of 2 minutes, 32 seconds.



**Ari Tanghe:** Born with cerebral palsy and vision impairment, this 15-year-old has run with her mom, Kelli, in nearly 40 races.





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# A RACE **SERIES** THE WHOLE **FAMILY CAN ENJOY**





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Where is your favorite city to run?



Brooklyn, N.Y.! In a city where you're constantly in a crowd, moments that runners get to experience—like striding across the Williamsburg Bridge alone in the middle of a snowstorm—are pure magic.



Running by the Capitol Building and the other beautiful monuments in **Washington, D.C.**, at dusk is just breathtaking. It's nice to know D.C. was given props for being the fittest city in the U.S.



Osaka, Japan. I don't normally like to run in very urban environments. but sometimes it can be the best way to explore a city. I discover something new every time I run in the early morning bustle of Osaka.



San Francisco, over the Golden Gate Bridge into the trails of the Marin Headlands and back. The scenery and terrain are unparalleled and breathtaking.



Chicago in the summertimecoming from a more suburban area, the novelty of running in the city is strong. The scenery changes quickly as you make your way from neighborhood to neighborhood, and everyone seems so utterly happy to be outside

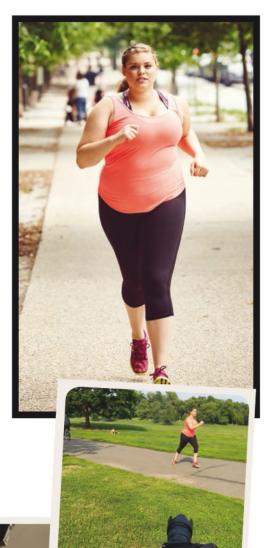


# FROM TOP: JAMES FARRELL; ERIN DOUGLAS(2)

# BEHIND & SHOOTS

# Hot & Steamy

In June, we found a quiet spot in Brooklyn, N.Y.'s Prospect Park to shoot our August cover. Even though it was technically springtime, summer temperatures were on full blast. The nearly 90-degree day didn't slow down New York-based runner Erica Shenk as she strode down the sunny streets. The 18-year-old, who has been a runner for 10 years, shared her thoughts on the cover shoot and our feature, "Perfect Fit" (page 70), where she shows off new running gear for women with curvy frames.



# ASK THE COVER RUNNER...

Why do you run?
It allows me to clear my head and think.

How did you start? I started as a kid running during volleyball.

Where is your favorite place to run? Central Park. I love people-watching!

What gear is always in your gym bag?

Nikes, metal water bottle, peppermint oil (to put in my water) and a cute pair of heels!

Do you prefer to run with others or alone?

Depends on the day and the type of run. If it's a therapy run, I like to focus on myself. If it's a fun, sunny run, I love to take friends and have conversations on the way.

What was your favorite part of the shoot? Getting out into the park, running around and getting my

sweat on!

What's the best part of being on the cover? Women of all sizes deserve to be praised for good health and have a presence in the media.

What's currently on your running playlist? "SexyBack" by Justin Timberlake, "Eyes on Fire" by Blue

Foundation, "Boom Clap" by Charli XCX

Too often people equate "runner's body" with "super skinny." How do you think that affects runners?

Some women believe that since they have curves they can't run or shouldn't run. Running is for every body anytime.

What were your favorite pieces from the

The **Reebok ZPump Fusion** running shoes (\$110) and **One** Series Bra (\$38, both at reebok.com). The shoes felt great while running and the sports bra kept the ladies in place!



THIS IS NOT A SHOE. THIS IS AN INVITATION. TO RACE TO THE CORNER AND BACK. TO RACE AROUND THE CORNER ON THE TRACK. TO GO FAST TO GO SLOW. TO GO IT ALONE. TO GO WITH THE FRIENDS WHO DEMAND AS MUCH OUT OF EACH STRIDE AS YOU DO. TO GO BECAUSE THERE ISN'T ANYBODY WHO CAN TAKE IT AWAY FROM YOU WHEN YOU'RE DONE. TO GO WITH THE CLIFTON 2-7.2 OUNCES OF SMOOTH RUNNING THAT INVITES YOU TO GO FURTHER THAN YOU DID YESTERDAY. TO GET FASTER FOR TOMORROW. LET'S GO.

HCKAONE.



# TEAM WR

{COMMUNITY}



## BLOGGER ON THE RUN



# **BREATHE DEEPLY** AND SMILE

By Lauren Seserko, Baltimore, MD

"I started running initially to lose a few pounds right after graduating from college and realized that this former high school athlete had gotten really out of shape. I signed up for a local 5K that I trained for all summer, and after that it snowballed into longer races. I ran my first half marathon a little less than a year later, which is when I officially became hooked on running. I love that running clears my mind, relieves stress, brings me happiness, challenges me and makes me stronger on the road and in life. Plus, as a bonus, it is great for offsetting the pizza and sweets I love."

"My favorite mile of a marathon has to be the last mile of the Chicago Marathon as

you come down right before the Roosevelt 'hill.' That little hill is killer after 25 miles of straight, flat course, but knowing I was almost done with the marathon and hearing the crowd cheering felt so special. I've never run a race so big with so many spectators before. It's definitely when I started crying from happiness and relief at the race last year."

# We heart runner blogs!

Check out our must-reads at womensrunning.com

# WE'RE SOCIAL BUTTERFLIES ...

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Or email editorial@ womensrunning.com with any burning q's!



How do you unwind after a hot summer run?



@becca runs Hot one in Toronto today. Relaxing after with a cold green smoothie.



@monicabaker901

9.5 miles in the Memphis humidity! Thank goodness for some rain to cool us off halfway, #runthe901



@sarahkduffy

Nothing more relaxing than a trip to the farmer's market for some fresh eats!



@runbullardsrun

Our favorite way to unwind after a long summer run? Kavaking out near the @KIGRmarathon course.



From our Must Run Here board... Check out the full Rock 'n' Roll Portland gallery at womensrunning.com.





# WOMEN'S RUNNING

Summers are for vacations—what's your favorite international runner aetawav?

# Margaret McCallum

I was on holiday in Australia in January and February, and I just loved getting up at 7 a.m. and going for a run along the beach at Glenela in Adelaide. The beach was busy at that time in the morning with runners, walkers and cyclists, but it was truly calming and beautiful. Can't wait to go back to live there as this was running heaven to me.

# **Darcy Daniels**

Running the streets of Paris first thing in the morning is sublime. The tourist sights are empty, you can smell bread baking and you can run along the Seine. It's simply magical!

# Megan Grace Warzecha

I loved running at 8 in the morning around downtown Barcelona with Go! Running Tours. The guide, Robin, let us run like locals and gave us history while we got our run in. Plus, it felt like the whole city was ours since everyone else was still asleep.



# WHAT WE'RE UP TO:

Web editor @caitpilk was on the beach for a cover shoot for an upcoming issue—can you guess who the cover runner will be?





# **INSTA-RUNNERS**



The best prize is one you can use—like this first-place overall mug for @laurenfloris77!



Our own blogger @nycrunningmama is already on cloud nine about the 2016 Boston Marathon. Hotel rooms are booked!



@crawfish.n.crunches is making us drool with her low-carb Texas taco-style stuffed bells!



@magnifyyourstyle got her 40-minute workout on before heading to the office. Kudos!

Want to show off your #TeamWR spirit? Tag us in your Insta photos with that hashy!



1975: Glamorcise Foundations Inc. introduced the first commercially available sports bra, the Free Swing Tennis Bra. It retailed for \$5.

Total runners in the **U.S. today:** 

> Women: 21.8 million Men: 20.2 million

**Median Marathon Finish Times** Women: 4:41:38 Men: 4:16:24



**Median Half-Marathon Finish Times** Women: 2:19:48 Men: 2:01:37



45%

In 2015, women made up almost half of the field at the Boston Marathon.

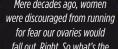


**57**%

In 2013, more than half of race finishers (for a total of 10.8 million runners) were women.



In 1990, one in four finishers at races (for a total of 1.2 million) were women.



STRIDE ONWARD



Svetlana Masterkova of Russia set the current women's 1-mile world record in 1996.

iaht womer who ran the Boston Marathon represented

> less than 1% of the field.

**Marathon Finishers** 

**43**% Women (232,600)

■ 57<sup>%</sup> Men (308,400)



**Half-Marathon Finishers** 

■ 61% Women (1,196,000)

**39**% Men (764,000)

**2008** first year men and women had the same track events at the Olympics



Reebok introduced the first running shoe specifically for a woman's foot this year. Earlier styles were feminine colors of men's shoe styles.









Eve Mosca

Age: 49 Bethesda, MD

We finished our first 5K together!

Ashley Lyon Age: 26 Cleveland, GA

atching my daughter, Ashley, run while balancing her academic life and two children of her own, I was inspired to start running too. Not knowing if I would be able to finish the distance, I lined up at my first 5K full of nervous anticipation.

After a quick hug and encouraging words from Ashley, the race began and we were off! We stayed together for the first mile as my nerves melted away. When I felt confident I would make it to the finish, I told Ashley to go ahead.

As I watched her pick up speed, my excitement grew. I couldn't wait to see her at the finish line. Being out there on the course with my daughter made my heart fill with mommy pride. It was evident that I raised a strong woman who, in turn, had become my inspiration.

I crossed the line listening to her cheer and immediately asked when we could do it all again. Running deepened my connection with my daughter in way that I didn't know was possible. We have our own unique language through racing, and I love being able to share that bond with her. I can't wait to tackle our next challenge!

I love the discipline running has given me. Even when I don't feel up to it if I make time to run, I'll enjoy the accomplishment. Just get up and go! — Eve

best." I have heard those words from my mom many times throughout my life. But standing together on the start line of our first 5K, I found myself repeating them back to her.

We stayed together for the first mile of the race before she encouraged me to go ahead and run my own pace. Leaving her side, I knew it wouldn't be long before we reunited at the finish. I couldn't wait to be the cheerleader she'd always been for me.

Soon after I crossed the finish line, I spotted her coming down the homestretch. Watching my mom beaming with excitement as she finished her first race, I was overwhelmed with pride.

Since that first 5K, we've

continued racing together, often planning vacations around big races. We don't live in the same state, so we hold each other accountable with daily check-ins about our training.

I'm so proud of my mom for becoming a runner. Even though she might say I motivated her to take that first step, being her run buddy is one of my favorite roles in life.

Running teaches me the importance of persevering. Even when things don't go as planned, the outcome won't matter as much as the idea that I kept going. —Ashley



fter running 35 races together, my daughter and I made our way to the start of the Carlsbad Half Marathon ready to execute our well-tested race plan: I'd push Ari in her racing chair, while she cheered and encouraged me to turn on the cheetah power. What I wasn't prepared for was the emotion that overcame me at this particular race.

I signed up for this event with Ari, planning to run alongside our friends Dick and Rick Hoyt. Together this father-son duo is known as Team Hoyt, the founders of pushcart racing. It was an honor to be able to join them. As we waited for the race to begin, I turned to Dick and shared my apprehension over the hilly course. He smiled, assuring me that we would conquer this run.

During those first few miles, I couldn't help but

think back to two and a half years ago when Ari and my journey into pushchair running began. Born with cerebral palsy and visual impairment, Ari spent years in physical therapy from the time she was born.

As I watched her fight to take her first unassisted step, I made a vow to myself that when she took that step, I would start running. It was my way of honoring her determination and showing gratitude for my own physical abilities. Soon after I began training, Ari started asking if she could come with me. I took the leap and pushed her in her wheelchair. From that day, there was no turning back: I have a daughter who loves to run.

I pushed Ari through each mile of the half marathon, listening to her come up with names for the hills as we tackled each one. When we reached the final incline, she named it "Ari." I knew getting to the top was a symbol of the infallible drive that fuels our racing.

We pushed up the hill and crossed the finish line, scoring a 10-minute PR. I couldn't wait to share the victory with the Hoyts and thank them for being our good luck charm. After collecting our medals, we celebrated over cheeseburgers, while planning our next race adventure!

Running makes me grateful for every day. Being able to share running with Ari gives me a greater appreciation for my health and ability. Seeing the joy that running brings to her makes every step that much better! —Kelli

Running makes my disability disappear. When my mom pushes me, I feel free and full of adventure. Being able to run with my mom is one of the best feelings in the entire world! —Ari

Want to follow Team Ari's latest running adventures? Follow them on Facebook at TeamAriRun2gether.



# **Digging Deep**

Our Marathon Maniac opens up about her battle with eating disorders and how running has turned from a tool to lose weight into a weapon to get healthy.

BY DANIELLE CEMPROLA

# OFTEN EATING DISORDERS ARE SWEPT UNDER THE

RUG, but if there is any forum that is ripe for the conversation, it's a magazine for female runners. Personally, I have battled anorexia and bulimia for 13 years, and I'd like to take this space to talk about it.

The fact is that eating disorders of all kinds disproportionately affect women, and athletes are at an even higher risk due to the pressures to drop weight in order to increase performance. We think, If we lose a little bit more, that personal best might be just around the corner. I've



certainly struggled with that thought process—but running has given me much more than it has taken.

When you've been grappling with an eating disorder for more than a decade, it might look like a losing fight. But when I think back to where I was even two years ago, I remember how far I've come and the very important role that running has played in my recovery.

For years, like so many women, I focused all of my attention on how my body looked. As my eating disorder took hold, becoming thinner was the only thing that mattered, regardless of the consequences. I started running with the intent of burning more calories to feed my disease. But what happened along the way was surprising. I found myself focusing less on my body's appearance and more on its ability.

With my newfound passion for running came many other things: insatiable hunger, for one, which made the idea of not eating impossible.Running also carried with it a tremendous sense of accomplishment. As I improved from week to week, my self-esteem grew too.

I fought to nurture my body with the fuel it needed to succeed. While I'd like to say that was an easy choice, it was—and still is—not. You'll probably never hear me shouting, "I have completely recovered from my eating disorders!" For me, this is an ongoing process.

What you will find me doing is continuing to pursue my inner strength through running, therapy and any other means necessary. Our sport is a tremendous metaphor for life—and I see so many parallels with my eating disorder recovery. Sometimes, the miles fly by and I feel like I could run forever, while at times, I have to force myself to dig deep and push through incredible pain. Like those hard-fought miles, recovery is worth the effort. Here's to the finish line!

# WHAT I LOVE ABOUT MY BODY



- My freckled skin. I'll never be tan, but at least I can daydream about the shapes in the freckles if I'm really bored.
- My legs, which never quit running before my mind does.
- My naturally blond, stick-straight hair, which is thankfully easy to style.
- The side of my lip that has the bump in it from when I split my lip open at age 11.
- My liver, which almost never curses me with hangovers, no matter how much wine I drink.

Danielle Cemprola lives in South Carolina with her husband and Rottweiler. When she's not running, Danielle blogs at trexrunner.com.

# Different sizes, different paces, same goal: the glory of the finish.

The distance we'll cover is the same. Some faster than others, but we're all in it together. We found the courage to start. Now we just need to find the strength to keep moving. Our lungs will burn. Our muscles will ache. But one step at a time, mile after mile, our goal gets that much closer. In the end, we will know the glory felt only by those who cross the line. And the pride will linger forever.

# See you at the finish line!

Laure

Laura Pita Founder & CEO Happy Puppies Athleticwear

P.S. We can't reduce the pain in your lungs and muscles, but at least your thighs won't chafe if you're wearing Happy Puppies Athleticwear.



Team Happy Puppies experiencing some post-race glory.









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TEAM WR {CHEERING SECTION}

# My Biggest Fan

BY EMILY POLACHEK

The power of running...After ending a 14-year-long marriage, James-Etta Goodloe from Shelbyville, Ky., felt painfully lost.

A mother of two, Goodloe, 43, filed for divorce in the summer of 2012. Every day, for months, she dropped off her then 7- and 9-year-old children at a day camp and took a walk in a park. She would use this time alone to cry and plead with God for a sense of direction.

Then one day after Goodloe had said goodbye to her kids, she felt compelled to run instead of walk. She made it to the park's blue trash can. The next day she ran even farther to the light post. She did this every morning, until one day she had



run a full mile without stopping.

"Running transformed my pain into power," says Goodloe, who completed her first 5K, a turkey trot, in 36 minutes the following November.
"The more I ran, the better I felt. I felt better about myself and the bright future ahead."

But she soon found solace in a kindred spirit. A month later, Goodloe

met Craig Reed at a housewarming party she'd thrown to celebrate her new home and chapter in life. They bonded over their recent divorces and formed a friendship that would support one another throughout the difficult process.

As a result, Reed, 48, also became Goodloe's biggest running supporter. At every race, he's ready with a supply of bananas, peanut butter and sports drinks at the start and finish lines—and afterward he treats Goodloe to a pedicure.

In July, Goodloe graduated from Walden University with a doctorate in education, and her next goal is to run a marathon before she turns 45. She will be counting on Reed to be waiting at the end of 26.2.

# WHO'S YOUR BIGGEST FAN?

Email your submission to <a href="mailto:editorial@womensrunning.com">editorial@womensrunning.com</a>! Featured entries win some sweet <a href="mailto:wRR">WR</a> swag and a free subscription (or renewal) for you and your fan!

# MOTIVATION IN MOTION

"Running is the greatest metaphor for life, because you get out of it what you put into it."

-Oprah Winfrey



# SIGN OF THE MONTH

These two jokesters were spotted at the Rock 'n' Roll Virginia Beach Half Marathon.





# Fuel your muscle recovery with the power of TART CHERRIES.

Studies have shown that Montmorency tart cherry juice may help reduce strength loss and aid recovery after extensive exercise. So make tart cherries a part of your training regimen so you can get out there and get after it.

See the science behind Running On Red at choosecherries.com.

# **NEW FOR 2015...TUTUS**

















# LACE UP {TRAINING}



# LACE UP {WE'RE OBSESSED}

We love our favorite bosom buddies. These six new styles support our girls in a variety of colors, shown here from back to front.

For me, the ideal bra provides reliable support and a smooth, fuss-free fit. The Moving Comfort UpRise Crossback (\$48. brooksrunning.com) delivers and sets the bar high with encapsulation support and a comfortably snug bottom band for stay-put compression. The bold colors also look super cute with this summer's breezy tanks. —Allison Pattillo, contributing gear editor

When you are larger on top, it's hard to find a bra that provides maximum support and comfort. The New! Incredible by Victoria's Secret (\$50-\$61, victoriassecret. com) is fantastic, because when I move, my bra doesn't! While it's a little hard to get on, it's still super comfy thanks to hidden underwire. It gives great lift and separation instead of that hideous uni-boob! —Erin Douglas, art director

I first got a thick-strap Sugoi bra last year and have been regularly wearing it for races. It's so comfortable. The new Sugoi Verve Fitness Bra (\$48, sugoi.com) has the same soft fabric of the other version, but the double straps are much prettier when my shirt gives a glimpse of what's beneath. I don't feel as if I'm losing any support either—though I don't need much (if you know what I mean). —Nicki Miller, managing editor

For years, the ASICS Adjust (\$42, asics.com) has been my "okay, one more run before washing" bra. Good thing it was just released in sweet new colors, so I have an excuse to buy more and triple-wear less. The adjustable shoulders and back straps cinch my chest down, while the molded cups keep them looking like, well... actual breasts. —Jessie Sebor, editor in chief

I'm all about the full-coverage sports bra when I'm running on hot summer days. When I need to lose the shirt mid-run, the New Balance Fabulous Framer II (\$48, newbalance.com) keeps everything in place and lets some air flow through, so there's not overheating in the chest region.

-Caitlyn Pilkington, web editor

This Lululemon Run for Days Bra (\$64, lululemon. com) is awesome! I love the soft fabric and hip design (you can actually stash a few things between layers), and it provides great support. In addition, it features anti-stink technology, so you can wear it more than once without having to wash. I'll take one in every color, please!

6

—Nicole Christenson, senior media marketing manager







# AUGUS

August is National Traffic Awareness Month, but you can stay safe all yearround by keeping these tips in mind the next time you run on the road. 1) Run against traffic. 2) Make yourself visible, especially at night. 3) Be aware of your surroundings, and take extra care at intersections, driveway crossings and when running by parked cars.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY **FRIDAY** SATURDAY

> Hydrate with a nice big slice on Watermelon Day. One serving of the red-hued melon has 43 refreshing calories, 21 percent of your daily vitamin C and more of the antioxidant lycopene than any other fruit or vegetable.



# Happy Birthday to POTUS!

Barack Obama, 54. schedules six 45minute fitness sessions per week, including logging presidential miles on a treadmill.



stretching them out, getting a pedicure and making sure your running shoes have enough room in

Did you know it's **Sneak Some** Zucchini Onto Your Neighbor's

1

Porch Night? This holiday may be new to you (it was to us, anyway!), but we think it sounds like a perfectly silly way to share fresh veggies with friends while getting an adrenalinefueled sprint workout.

Three years ago today, *Team USA's Tianna* Madison, Allyson Felix, Bianca Knight

and Carmelita Jeter

set the world record of 40.82 seconds for the 4 x 100-meter relay at the Olympic Games in London.



14

22

For those visiting Cape Cod, Mass., in August, participating in the 43rd running of the famous oceanfront, 7-mile Falmouth Road Race is a must.

If you're into music festivals at your finish

Cranberries and Van Morrison!) to run the

Rock 'n' Roll Dublin Half Marathon.

Walters rocked the race's after-party.

Last year, Fight Like Apes and The Frank and

lines, try heading to Ireland (home of U2, The



Women's Equality Day is a time to look back and celebrate the advances made over the last 100 years—like winning the right to vote on Aug. 25, 1920, and running the first Olympic marathon on Aug. 5, 1984.

Today is the beginning of the 13th-annual 104-mile *Ultra-Trail du Mont-Blanc* in Chamonix. Racers circumnavigate the majestic "White Mountain," running through France, Switzerland and Italy (for more, see page 57).



# TOP LEFT: THECRIMSONMONKEY/ISTOCK.COM; BOTTOM RIGHT: UNALOZMEN/ISTOCK.COM

# **Running Hot**

The coolest summer races come with a built-in cool-down. according to one coach who dishes up more tips to stay chill in August's heat.

# SUNNY RUN

Celebrating a hard race with a cold, sweet treat brings back some of my favorite childhood memories, so it's no surprise that the thought of the Sundae 5K instantly makes my mouth water. The promise of a finish-line buffet packed full of ice cream and toppings might be just what I need to score the PR I've been chasing.

Where: Charlotte, NC When: 8/29/15

sundaerun.racesonline.com

# **HEAT WAVE**

If running a 5K followed by a gentle swim sounds like a little slice of heaven, the WetNWild 5K is the perfect race for you. Runners weave through the hilly park before finishing with a splash in the lazy river.

Where: La Mirada, CA When: 8/8/15 wetnwild5K.com

# **FOAM FINISH**

I have to beg my 12-year-old to take a shower, but something tells me he'll be the one begging for clean fun at the Bubble Run this summer. Each kilometer features a foam bog, dousing runners from head to toe in the frothy stuff. I can't wait to join this effervescent party! Where: Multiple locations

When: Multiple dates bubblerun.com

# **Cold Feet**

It's easy to forget the importance of keeping feet as cool as possible. Your feet need to breathe so that the heat is released away from your body. Though some might think wool is only for cold weather. merino wool is a super breathable material that wicks sweat away.



# **Towel Time**

When your body starts to heat up. blood flows to the surface to help dissipate the heat. Placing cold towels on your neck and wrists, two places where vour veins are closer to your skin, can help keep vou feeling comfortable. Just be careful to choose cold rather than icy, since ice can cause vasodilation, which makes it harder for your body to cool itself

AS TOLD TO KARA DESCHENES



# Kristen Hislop

Certified coach and personal trainer Kristen Hislop, 50, is no stranger to running in the heat. In fact, the Ironman finisher and multiple marathoner has learned so much during her own hot-temperature training during steamy summers in Clifton Park, N.Y., she makes a point to include weather tips in her work with clients. Check out the summer races she loves, and find out her top ways you can beat the heat!



# **Head Gear**

Wearing a hat keeps the sun off your face. lessening your exposure to the heat. Choose a style that's made of wicking material for ultimate cooling power. And for really hot races. dunk your hat in cold water at an aid station for immediate relief!



Giving your body time to acclimate to hotter temperatures is crucial for enjoying steamy weather. Early in the season, you'll find the hot runs are super hard, but over time they get easier. Before a summer race, try to get out in race conditions as often as possible. It can take around two weeks for your body to adjust to warmer temperatures.



## GLOW FOR IT

Avoid the scorching heat of the sun without sacrificing the bright light at a Glow in the Park Run. With neon paint, fluorescent foam and UV glow water, this event guarantees faderesistant fun.

Where: Multiple locations When: Multiple dates glowintheparkrun.com

# **NIGHT JAM**

If you're hoping to improve your cadence, the Night Nation Run has just the beat you need. This nighttime race challenges you to run (or dance!) your way through the electrifying course with headliner DJs stationed throughout.

Where: Multiple locations When: Multiple dates nightnationrun.com





## **Cool Core**

In hot weather, it is critical to keep your core temperature down. One way to do that is by drinking icy beverages. If you're a hot coffee or tea drinker, try sipping iced coffee or tea instead. A lower core temperature results in reduced relative oxygen consumption. meaning you'll be able to run longer.





I like to mix yoga into my running schedule, but I've heard I shouldn't perform inverted poses during menstruation. Why not? Are there running exercises I should avoid as well?

There has been no research that shows that inversions (aka poses that require your heart to be higher than your head) have a negative effect on the female body during menstruation. As with any kind of exercise, it is important that you take ownership over your yoga practice and stay in tune with your body and what feels best.

If you feel very fatigued while menstruating, you might want to avoid inversions or other poses that are more strenuous, but you may find the inverted poses to be restorative and invigorating. The female body is strong and capable, no matter the time of the month, so don't shy away from your normal training-yoga, running or otherwise-just because Aunt Flo is in town! Keep a positive mindset and remember to be flexible and make



modifications if you feel as if you need to adjust.

r've seen packets of salt handed out at races—but I've never used them in my training. How do I know if I need the extra sodium?

Most Americans get more than enough salt in their diet just from the foods we eat. However, as runners, we can be a little different than the average person. You might be experiencing a salt deficit if your shirt is soaked with sweat at the end of your run or you have white, salty residue on your skin.

Refueling with a sports drink, rather than a salt packet, is a good solution, as you will replenish your body with the liquid it needs as well as restore your sodium levels. For marathoners or ultrarunners, however, salt packets may be useful as the body is being stressed for extended hours before there is a chance to stop, refuel and recover. However, it's still best to test out taking salt in

training before you ever try it on race day!

# There's a 5K race the day before my marathon that my friends all want to do as a shakeout. Is that recommended?

Doing a short, easy shakeout run the day before your marathon is definitely a good idea. Especially if you have been traveling, your legs will feel much better if they have a chance to move a little before the main event! However, be careful to keep the 5K easy. Don't get too pumped up by all the race vibes around you and run fast. If you think this excitement might suck you in, find a trail or route and run with your friends in a "nonrace" environment. You have spent months preparing, so just make sure that you save all of your competitive energy for the marathon!

Have a question for Coach Kigar? Email editorial@ womensrunning.com or tweet @womensrunning with the hashtag #AsktheCoach.



# BE ID SMART

Many runners (maybe you?) don't run with any identification. You might have your phone with you...but what would happen if all of a sudden there was an emergency and you were hit by a car, or fell and passed out? Hopefully this will never happen, but you can never be too prepared. There are several companies that make thin rubber wristbands that you can get customized to have a placard with your emergency information. Or you could buy a shoe pouch that attaches to your laces with a pocket to hold a key and a tag with your information. No matter your preference, make sure you leave the house with some form of ID. Your loved ones will thank you!



I often have to use the restroom during group runs, and my friends always insist on waiting for me. It's great of them, but I don't want to hold anyone back. How can I assure them that it really is okay to continue and I can catch up?

People who are sincere with their insistence can certainly be a battle, and quite frankly a silly one. The best thing to do in this circumstance is to let your friends know that it makes you uncomfortable when they wait. That line alone should be enough to encourage them to keep running and let you join them later. If one of them says, "Oh, don't be silly," counter with "I wish it was just a silly thing for me, but truly I'd much rather run a little faster and catch up than have the group stand outside the restroom while I use it." Sometimes you have to paint a little bit of a picture for others to get your point.



assing someone right at the line of a long race: fair game or bad form? Fair game. In a race, you should leave it all out there. If that means pushing it in your last few steps and passing someone you're neck and neck with, then by all means give yourself the push. Sure this isn't the Olympics, but it is about doing your own personal best and I think you should focus on that during the race.

ow do I tell someone who strikes up a midrace conversation that I would rather not chat? Since the person talking to you in a race is likely a stranger, this creates the need to be polite but direct. When someone starts to chat, you can simple say, "I don't wish to be rude, but I can't talk while I race." The likelihood that someone would argue with this-or even continue talking-is slim. She or he might still take offense, because, well...people sometimes have a hard time taking rejection, no matter how nice you are about it. If someone scoffs or huffs, just keep running.

ow do you deal with a Debbie Downer in your running group? Debbie Downers can really

affect a running group, and here's a case where I think doing nothing is not very effective. Debbie may leave the group if she starts being ignored, but it's best to tackle the problem head on. I think of combating social problems like this in terms of levels.

- Level 1: Be gently positive. If Debbie is starting to complain or talking about something negative, be the positive voice in the conversation: "I can imagine that's hard, but at least it's a gorgeous day and we're here to run together!" You want to lightly validate her feelings and then redirect her toward the present moment.
- Level 2: Communicate your needs. When Debbie starts up, be clear but keep the focus on you. "Debbie, I understand it's tough some-

times, but I really like to keep my running positive, so let's talk about what's going well while we're running." You're standing up for what's best for the group but encouraging her to lighten up.

**Level 3:** Get serious. If nothing seems to be changing, it's time to talk seriously with Debbie. After a run, ask to speak with her for a moment. Find out what she's getting out of the group runs. Explain to her that you understand the need to vent, but that this group is meant to motivate people, and you've noticed that her attitude is starting to affect everyone negatively. Let her know that you would love to continue to have her join the runs, but she needs to keep it positive if she's going to continue to participate.

# **Have a question** for Lizzie?

Email editorial@ womensrunning.com or tweet @womensrunning with the hashtag #ProperForm.

# Fit-cation

A break from work does not have to mean a break from working out.

BY SUSAN LACKE ILLUSTRATIONS BY RINEE SHAH

t can be challenging to stick to your running routine while on vacation—but a relaxing getaway doesn't have to be completely lazy. With a little forethought and gumption, you can stay fit while having fun in the sun.



**Packing Tips** 

Make a list of what you want to bring on your trip before you start packing. Nothing is worse than realizing you forgot your running shoes! A list will also help you think about what you don't need: Will you really have time to do those workout DVDs?

# SAMPLE PACKING LIST

- Running shoes
- Socks
- Sports bra
- Running shorts or tights
- Tank top
- Long-sleeve running shirt
- Hat
- Water bottle
- Travel-size sunscreen
- Large ziplock bags

Leave the tech at home. Vacation is a great opportunity to unplug in more ways than one. In addition to avoiding work emails, keeping your runs free of GPS watches and headphones allows you to clear your mind, take in your surroundings and decompress.

Running gear can eat up space in your suitcase. Free up some real estate by stuffing smaller items (socks and sports bras) in your running shoes.

Stay on top of hydration by packing an empty water bottle in your carry-on. Fill up on the other side of security—many airports now provide bottle fountains—and use throughout your trip to save money and the environment. The ziplock bags are for the return trip. When you pack up the hotel room, you'll be glad to have your sweaty workout clothes contained!



# Take It Outside

To maximize the rejuvenating effects of your vacation, skip the hotel gym and seek sunshine. "Research shows being exposed to outdoor elements causes our bodies to produce serotonin, the 'feel-good' chemical," says Ellen Miller, who creates outdoor fitness adventures at the Vail Mountain Lodge in Colorado. "When our bodies produce serotonin, we reap amazing benefits, like relaxation, happiness and better sleep." That's exactly what we're looking for on holiday!

# **Beach Bums**

"Running on the beach is a perfect way for runners to get in touch with their bodies," says Dr. Mark Cucuzzella of West Virginia University School of Medicine. Sand running burns 30 percent more calories, so if you're not used to running on the beach, you may be surprised at how difficult it is. Make a successful transition with these tips:

- 1) Skip sand running completely if you are prone to sprains or tendonitis, as unstable surfaces can aggravate these injuries.
- 2) Ease into your run by starting on firmer sand closer to the water.
- 3) When transitioning to soft sand, make sure you're running on an even surface, not a slant, which can mess with your natural running alignment.
- 4) Expect to feel tired earlier in your run than normal. Your feet and calves, especially, are working overtime to maintain stability.
- 5) Take off your shoes in the final minutes of your run. It's a different, relaxing way to work your leg muscles!



Treat Yourself



# Kids in Tow?

Vacationing with youngsters can make it challenging to squeeze in a workout. If you're finding it tough to follow your 10K training plan while traveling, try these active substitutes instead.

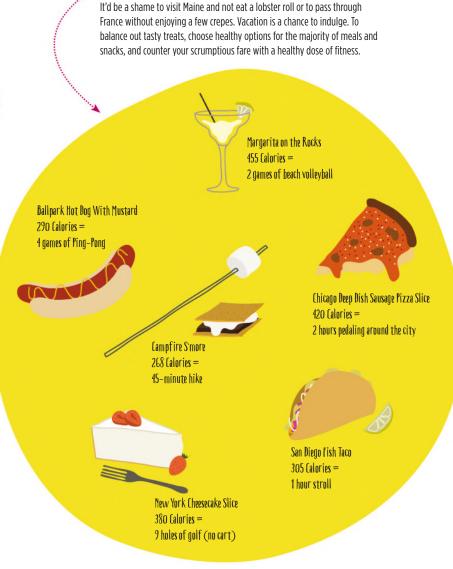
See the sights on foot or bike. Guided walking tours and bike rentals are springing up in many tourist hotspots, making it easy to skip the tour bus in favor of a fun day of fitness. Even the littlest ones can come along if you rent a carrier or trailer.

Make activities more active. Challenge your family to try something novel at your destination, whether it's stand-up paddle boarding or tango lessons.

*Use a park as your gym* and your kids as your personal trainer. Follow them as they scramble over boulders and across the monkey bars. Play follow the leader, have a pullup contest or turn cartwheels in the grass.

**Take a hike.** There are some great urban trekking options in cities all over the world, or you can seek out mountainous regions to increase the physical challenge. It's important to take your time and make it fun: Dig in the dirt, hunt for pretty rocks, stop for photos and pack a picnic lunch.

Do yoga on the go. Sitting in a car or on an airplane, train or bus can be constricting. Yoga stretches stiff muscles and makes everyone feel better after a long period of stillness. Get ideas online for kid-friendly poses to do during airport layovers or at rest stops.



# LACE UP {THE RUNNER LIFE}





ust like her scenestealing Suzanne
"Crazy Eyes" Warren
in "Orange Is the New
Black," Uzo Aduba is a
multifaceted character. At 34
years old, Aduba is an Emmy
winner (for her role on
"OITNB"), an opera singer
(she's performed at the
White House) and a former
track star (she attended
Boston University on an
athletic scholarship).

In 2013, the college sprinter added marathon finisher to that impressive list with a 5:17 finish at the New York City Marathon, where she ran for Team Continuum, a nonprofit that helps cancer patients pay essential non-medical bills.

Aduba again flexed her endurance muscles this

# Fueling the Fire

Aduba says distance running has changed her entire lifestyle—especially her diet. "I'm always thinking about food as fuel for my body, for recovering from my last run and preparing for my next run," she says. "I'm making a chicken salad as I speak to you. It's got spinach, grilled chicken seasoned with garlic, and Laughing Cow light cheese. I make my own balsamic vinaigrette, and I add cherry tomatoes, red peppers and mushrooms. When I eat it, it's like I feel my body saying, 'Thank you!'"

April, when she ran the Boston Marathon (5:03:24) to raise funds for the Dana-Farber Cancer Institute. The runner says the experience of losing an aunt and a cousin to cancer, along with the woman she describes as "her second mom," was her marathon inspiration.

#### **Congratulations on your Boston Marathon finish!** Were you happy with the way race day went for you?

Uzo Aduba: I really was, especially given the conditions. Running in the cold and the rain was no small thing. I wanted to improve after New York, and now, having run New York and Boston, I know very clearly what my new goal is. Especially after speaking to a teammate about her time, the competitor in me came alive.

#### Would you care to share that qoal?

**UA:** No! (laughs)

You were a sprinter at **Boston University. What** was it like transitioning from short distances at high speeds to long distances, focusing on endurance?

**UA:** My coach in college must just be bewildered. Anyone who knows me knows I was not a fan of distance running for the longest time. It's a difference in mentality. The transition for me was when running became more about meditation and restfulness.

Endurance running brought me a lot of necessary peace in a city [New York] that has so much movement. But the sprinter in me has never died, whether I like it or not. The final half mile of every run is a race to the finish line for me. I like that speed. I like the hustle. I like the power. I like the sense of chasing down the line.

#### What inspired you to run vour first marathon?

**UA:** When my best friend, Mark Crowley, suggested the idea of running for Team Continuum, I had three people close to me living with cancer and one person who had passed. I felt like I had to do something.

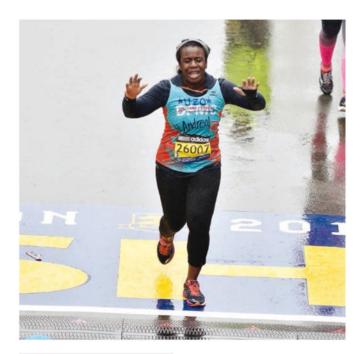
#### Did vou know vou wanted to run a second one after NYC, or did vou think vou'd do one and be done?

UA: After New York, I did feel bitten by the bug. I felt the itch from that bite. I didn't think I would actually scratch it. The sprinter in me thought, Good, you've made the point. You've done one marathon. Why do it again?

When Crowley introduced me to Dana-Farber, my heart was moved to do it. I felt like I had to. I wanted to scream from the mountaintops: My aunt's life matters. My cousin's life matters. All the people who have left this earth too soon—their lives matter.

#### Were you able to use running to help cope with your grief and loss?

**UA:** Absolutely, Running helped me breathe. I didn't



#### Let the Words Fall Out

Aduba studied voice in college and says music was an integral part of her marathon training. Her playlist included tunes by artists including Common, John Legend, Beyonce, Marvin Gaye, and Mumford and Sons. "Brave" by Sara Bareilles was a special favorite as Andrea Trasher, who Aduba describes as her "second mom." made it her theme song during cancer treatments. Trasher died last October. "I finished every run to that song, and even though I generally didn't listen to music during the marathon. I did listen to 'Brave' at mile 23," she says.

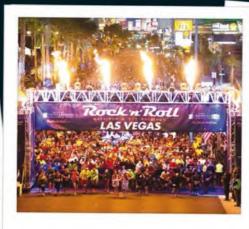
even know I was holding my breath when it came to those people and their struggles until I went out for a run. Running just gave me a way to express my feelings, other than sitting around and crying or not going outside. It makes you feel like you can shed your sadness for a short time.

#### Any running advice for firsttime marathoners?

UA: Number one, I would say: Know you can do it. Fight through the hurt. Also, run your race. This is true for life in general too. It's so easy to get caught up in what everybody else is doing, but you've got to run your own race and do what feels right for you.









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# FUEL UP

{NUTRITION}

### Watch your water weight.

According to The New England Journal of Medicine, 13 percent of 488 **Boston Marathon** finishers studied had hyponatremia, a dangerous (and in severe cases fatal) condition that occurs when the level of sodium in the blood is abnormally low. "The strongest single predictor of hyponatremia was considerable weight gain during the race, which correlated with excessive fluid intake," the study stated. **Athletes should** drink only as much fluid as they lose in sweat. You can test your body's sweat rate (see page 80 to learn how), but thirst is generally a good guide. Replacing lost electrolytes e.g., salt-should also be part of your fueling plan.

#### FUEL UP {WE'RE OBSESSED}

- **1.** Sometimes it's sweet, sometimes it's savory, but most of the time my afternoon craving is just for something crunchy. I don't want (well, I don't need) a bunch of chips or hard candies, so instead I reach for frozen **green beans**. Yup, straight out of the package most of the time. I can totally eat them by the handful, get a helping of greens and curb that need to simply eat for the sake of eating in the afternoon.
- —Caitlyn Pilkington, web editor
- 2. I don't normally share this in mixed company, but **ice cream** is my number-one favorite food. This very healthy version provides nutrients that are a whole lot better for my body than cream and sugar.
- —Jessie Sebor, editor in chief

#### Banana Peanut Butter Ice Cream

Serves 4

- 4 very ripe bananas, peeled and frozen
- 2 Tbsp. peanut butter
- 2–3 Tbsp. milk of your choice (I like coconut.)

Chop frozen bananas into slices and place in a food processor or blender with peanut butter and milk. Purée, scraping down the sides as needed, until mixture is creamy and smooth. Serve immediately or freeze for later.

- 3. I like to blend chopped mint leaves and water together and freeze in an ice cube tray. When I need some flavor in my water or a refreshing cocktail, I pop a few **mint ice cubes** into my drink!
- —Nicole Christenson, *senior manager, media marketing*
- 4. Almost every morning, I make a smoothie to start my day. I have my Florida family members to thank for teaching me that avocado and hearty greens (kale, chard and collards) can be frozen before they go bad—sometimes it's hard to time everything right for ripeness! I simply tear the greens into bite-size pieces, rinse and fill a ziplock bag. Avocados need to be peeled and pitted; just a slice or quarter adds a creamy quality to any blended concoction.
- -Nicki Miller, managing editor





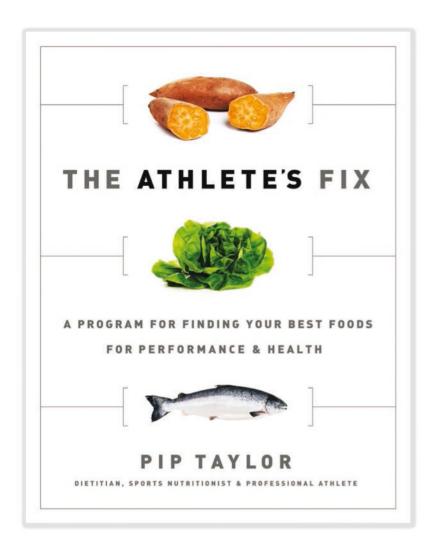




# FEEL BETTER

# PERFORM BETTER

Gut issues, headaches, food cravings is your daily diet wearing you down?



#### Find out for sure with The Athlete's Fix.

The Athlete's Fix will help you find your problem foods—and the foods that make you feel and perform your best.

Dietitian Pip Taylor offers a smart, three-step program to help you fuel workouts while isolating specific food intolerances. You'll improve your daily diet, cut out common irritants, then add back foods until you feel great enjoying your own personalized clean diet.

Feel better and perform better with The Athlete's Fix.







#### RECIPES



#### CHILLED SCANDINAVIAN-STYLF FRIJIT SOLIP

Traditional Scandinavian fruit soup starts with dried fruits, which thicken and develop flavor as they simmer with a cinnamon stick. This version—more of a compote than a true soup—is built from two powerful antioxidants: dried tart cherries and pomegranate juice. The whole oranges also contain bioflavonoids (an anti-inflammatory), while tapioca adds carbs. Enjoy hot if you like. Serves 4

½ cup chopped dried apricots ½ cup dried tart cherries 2 Tbsp. raisins 1 whole cinnamon stick 34 cup pomegranate juice 34 cup apple juice 3 cups water 1 Tbsp. quick-cooking tapioca ½ tsp. salt 3 Tbsp. sugar ½ apple, peeled, cored, sliced and cut

into bite-sized pieces 2 thin, round orange slices (including peel), cut into quarters

1 Tbsp. freshly squeezed lemon juice

Place apricots, cherries, raisins, cinnamon stick, pomegranate juice, apple juice and water in a saucepan. Bring to a boil, and then reduce the heat. Simmer for 30 minutes, uncovered.

Stir in tapioca, salt, sugar, apple slices and orange slices. Simmer 15 minutes more, stirring occasionally. Remove the pot from heat, cover and let cool for 30 minutes. Pour into a bowl. cover, and chill in the refrigerator for at least 2 hours or overnight.

Just before serving, remove cinnamon stick and stir in lemon juice to brighten the flavors. Add a bit more water as needed to thin the soup.

VARIATION: Swap out some of the dried fruits with dried cranberries, dried apples or prunes.

**GARNISHES:** Orange zest, chopped fresh mint or chopped fresh dill.

#### REFRESHING **BILIFRERRY SOLIP**

If a speed workout zaps your energy, this purple soup will perk you back up. The yogurt gives you the jolt of protein that you need to repair your hard-working muscles, while blueberries, rich in anti-inflammatory properties, help ease soreness. Serve this in a glass bowl or even a wide-mouthed jar so you can savor the color along with the flavor. Serves 4

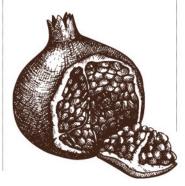
2 cups fresh blueberries 1 cup orange juice ½ tsp. cinnamon ¼ tsp. salt 1 cup vanilla yogurt (not Greek)

Wash blueberries and place 11/2 cups of berries in a saucepan. Pour in orange juice, and stir in cinnamon to combine. Bring to a boil over medium heat. Reduce heat and simmer 10 minutes.

Remove from stove and let cool 15 minutes. Stir in salt. Transfer the mixture into a blender to mix until smooth. Pour into a bowl and let cool completely. Stir in yogurt and remaining berries. Cover bowl and chill in refrigerator at least 2 hours or overnight.

**VARIATION:** For a tarter flavor, replace half of the vanilla yogurt with plain vogurt.

**GARNISHES:** Mint sprigs, thin orange slices or orange zest.



#### WATERMELON GAZPACHO

Spanish-style gazpacho, made with raw tomatoes, bell peppers, cucumber and garlic, is sometimes called a liquid salad. This variation, which uses watermelon as the base, makes a lighter, sweeter soup. Since watermelon and cucumber both contain more than 90 percent water, these ingredients help you rehydrate in a tastier way than plain H<sub>2</sub>0. The breadcrumbs lend complex carbohydrates, while the almonds and feta add protein. Serves 4

1 clove garlic ¼ cup slivered almonds, toasted 34 cup fresh, light breadcrumbs, toasted 4½ cups watermelon, roughly chopped 34 cup cucumber, roughly chopped 2 Tbsp. chopped fresh chives 2 Tbsp. red wine vinegar ¼ tsp. hot sauce 1 tsp. salt 1½ tsp. jalapeño pepper, finely chopped 2 Tbsp. fresh mint, chopped

Place garlic and almonds in the bowl of a food processor fitted with the metal blade. Process until finely chopped, about 30 seconds. Add breadcrumbs and process just to combine. Add 4 cups watermelon, ½ cup cucumber and chives. Process until smooth. Pour into a bowl.

½ cup crumbled feta

Add vinegar, hot sauce, salt, jalapeño and mint, and stir to combine. Finely dice the remaining ½ cup watermelon and ¼ cup cucumber: stir into the soup. Cover the bowl and chill for at least 2 hours or overnight. Top each serving with 2 tablespoons feta before serving.

**VARIATION:** For a gluten-free option, replace the breadcrumbs with crushed rice crackers. **GARNISHES:** More chopped chives or a mint sprig.

#### CURRIED COCONUT-MANGO SOUP

Two tropical fruits, mango and coconut, complement each other in this recipe. Both ingredients also contain lots of potassium, which helps you maintain your fluid and electrolyte balance. Ginger reduces muscle soreness and can also calm your stomach if you're experiencing a bit of post-run nausea. Serves 4

1 Tbsp. vegetable oil ¼ cup red onion, diced 1 tsp. coriander powder ½ tsp. curry powder 1 Tbsp. fresh ginger, finely chopped 2 cups mango, roughly chopped (about 2 mangoes) Juice from 1/2 lime 1 cup coconut milk 1 cup coconut water, plus additional, as needed ½ tsp. salt

In a sauté pan, heat oil over medium-high heat. Add onion and sauté until it begins to soften, about 2 minutes. Add coriander, curry powder and ginger. Cook 1 minute more. Remove from heat and scrape the mixture into a blender. Let cool 15 minutes.

Add mango, lime juice, coconut milk, coconut water and salt. Blend until smooth. Stir in additional coconut water as needed to thin the soup to the texture you like. Pour into a bowl, cover and refrigerate at least 2 hours or overnight.

**VARIATION:** To make this taste more like the Indian mango lassi drink, substitute plain yogurt for coconut milk. **GARNISHES:** Toasted coconut, chopped pistachios, chopped fresh cilantro or chopped crystallized ginger. For more protein, add diced, cooked chicken.



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RUNNER'S WORLD





# FRESHEN UP

{BEAUTY}



# Shelter From the Sun

Protect yourself from harmful rays by understanding the science behind your sun-shielding gear and products.

#### THE RISKS

To get all the pertinent facts regarding the rays game, we turned to Leslie Chow, president of the sun-blocking clothing company Iconic. A multi-sport athlete and former NASA researcher, she's a pro when it comes to the science behind protection.

"UV radiation is a proven carcinogen," Chow says.
"One blistering sunburn in childhood or adolescence or five sunburns at any age doubles your risk of melanoma." She adds that effects are cumulative and "90 percent of visible sun aging (wrinkles, pigment changes, etc.) are from UV exposure."

Chow explains that more than 20 percent of Americans will suffer from skin cancer during their lives and the more active you are outdoors (especially if you live in the sunbelt), the greater your risk.

# beyond coastal.

#### TOP TIPS TO SAVE FACE

 Schedule high-sun exposure activities before 10 a.m. or after 4 p.m.
 Sport sun-protective apparel, including sunglasses and hats.

3) Wear sunscreen, and reapply every few hours if you're sweating or swimming.

"When I've reached my limit of bare arms and sunscreen, this light, quick-drying **Under Armour Women's UA Sunblock 50+ Hoodie** (\$60, underarmour.com) works as well on a run as it does as a beach cover-up with its UPF 50-plus sun protection. The fourway stretch moves with me and the generous hood fits easily over a cap."—Nicki Miller, managing editor

#### SIMPLIFYING SPF

"Sun Protection Factor" measures the time it takes for skin to redden, so the higher the number, the longer you're covered. The Skin Cancer Foundation explains: "If it takes 20 minutes for your unprotected skin to start turning red, using an SPF 15 sunscreen theoretically prevents reddening 15 times longer—about five hours." Dr. Steven Wang of Memorial Sloan-Kettering Cancer Center in New Jersey says, "For patients who really wish to know 'how high should I go?' I suggest products with SPFs no lower than 30 and no higher than 50."

#### "Beyond Coastal Active Face Stick SPF 30 (\$7,

beyondcoastal.com) is like a convenient little sunscreen deodorant. You simply roll it on your face—tilt it around to get those nose crevices—and take off. It's hardly greasy at all, and you don't have to rub it in. Plus it's really small and lasts forever. Just leave one stick in your drawer at work or in your running bag, and you always have SPF protection at the ready!"—Caitlyn Pilkington, web editor



#### SUNSHINE+SWEAT

Protection levels in clothing may drop by 50 percent when garments made from natural fibers, such as cotton and linen, get wet—but more and more sun-protective clothing is coming out. You can also wash UPF into your regular clothing with a product, such as **SunGuard** (\$4, sunguardsunprotection.com), which will last through 20 future washings.

"Having very fair skin means I have to be really conscious of the amount of sunlight I am getting (especially in the hot summer months!). The Mott50 Flojo Athletic Legging (\$75, mott50.com) are perfect for running, walking or cross-training—plus they provide UPF 50 and are antibacterial!"—Nicole Christenson, senior manager, media marketing



"Not to freak you out, but did you know that the damage done by UV rays has been linked to the development of cataracts? That's one of the reasons I like to slip on a pair of big ol' shades like the **Sunski Taravals** (\$58, sunski.com) every time I run outdoors. With UV 400 protection, they keep my retinas safe and prevent crow's feet too."

—Jessie Sebor, editor in chief

#### CRYSTAL CLEAR SUNGLASSES LINGO

Like "broad spectrum" in sunscreen, you'll find sunglasses touting protection from UVA and UVB rays. "UV 400" means the sunglasses block rays with wavelengths up to 400 nanometers—tiny UV rays. "Polarized" lenses reduce glare from sunlight reflecting off of water or even pavement.

#### WHAT THE UPF?

"Ultraviolet Protection Factor" represents the amount of the sun's harmful UV rays that passes through a fabric. A rating of 25 indicates that 1/25th or 4 percent of the UV rays pass through the garment. The Skin Cancer Foundation offers this advice: A UPF rating of 30 to 49 offers "very good protection" and 50-plus is "excellent."

"Even though sunscreen is a must, I know I'll only reapply if it's easy to do. Lotion sunscreen mixed with sweat and dirt? No, thank you! And how ridiculous is it to try to put sunscreen on your back? **Kiss My** 

Face Bare Naked With Air Powered Spray Body Mist—SPF 30 (\$16, kissmyface.com) has lightweight, non-greasy (bonus!) and clear (double bonus!) coverage. It goes on with the ease of an aerosol, yet without the pesky chemical propellants, doesn't need to be rubbed in and can spray at any angle for making hard-to-reach spots a breeze."

-Allison Pattillo, contributing gear editor



#### WHY "BROAD SPECTRUM"?

Cancer concerns come from the sun's ultraviolet (UV) radiation, which comes in long-wave UVA and shortwave UVB rays. It's the UVB rays that cause sunburns, but if your sunscreen only filters those out, the UVA rays can still damage your skin without your knowing. Sunscreens labeled with "broad spectrum" protect against both rays.

#### **Soul Shine**

Want to get glowing skin and luscious hair? We have a novel idea—why not focus on being a happier runner instead? Find your inner beauty to let that light shine from within.

BY YUKI HAYASHI



nner beauty is about confidence, self-esteem and happiness. When you're at peace internally, it shows externally too. Everyone's mojo ebbs and flows, but the good news is you can train it for peak performance. These coach-approved tips grow that "you go!" glow from the inside out.

#### It's a Beautiful Day

Don't let that PR get away: These zero-fuss outer beauty tricks boost confidence without distracting mental focus from your race.

- ► Get a killer mani. Sitting through an ornate manicure forces you to relax and be still at the end of your taper. On race day, channel your inner Flo-Jo and go!
- ► A **speedy do** that stays put with no distracting strays saves the energy of you retying your strands mid-race. Try a fishtail braid, or, for shorter locks, double up on hairbands.
- ➤ Tinted sunscreen protects your skin while enhancing your glow.
- ▶ Tinted lip balm hydrates—plus lends a hint of color for race photos.

#### SIGN UP FOR A RACE.

"Race day always makes me feel fierce and beautiful. New runners are often intimidated by the racing scene, but once you sign up for one race, it gives you confidence. Many new runners feel like they don't have a place within the running community, because they don't run fast enough or far enough. Racing helps you see that everyone belongs and gives you an opportunity to bond with other runners," says Lora Mays, an Austin-based running coach who blogs at Crazy Running Girl.

#### **KNOW YOU LOOK** LIKE A RUNNER.

It's hard not to internalize physical conventions, one of the most common being that runners are universally lanky lightweights. "Most women have an image of what they 'should' look like to be a real runner, but if you look around the start line of a race, even at the front with the elites, there is no one size. As long as you're out there running, you are a runner," says Tina Muir, a Kentucky-based running coach and community manager with RunnersConnect.

#### **SHOW YOUR SCHEDULE** WHO'S BOSS.

"On the days I find myself racking up the reasons why a run isn't going to fit into my day. I remind myself that I've never regretted going. There's a great sense of pride and accomplishment that comes from knowing I've battled the millionreasons-why-I-shouldn't-go-for-a-run Sharon Gallant, pro triathlete and founder self-empowerment program for middle school girls in at-risk communities

LAY IT DOWN

ON THE TRACK.

Love them or hate them, no one

can deny track workouts are

h-a-r-d. That's why Mays, a

Boston Marathon qualifier.

recommends them as a major

attitude adjuster. "There's nothing

like finishing a tough workout

to make you feel fierce and strong," she says.

#### **GET PUMPED** FROM SOCIAL MEDIA.

"It's important to surround yourself with positivity—that's one of the things I love about social media. There's so much inspiration, from someone sharing the details of the first run she's ever completed to people posting about why they love running," says Mays. Get motivated and pay it forward via your own posts and shares.

#### **CREATE A**

"An attitude of gratitude brings about confidence. Think about the things you're grateful for: all your body has accomplished, all the parts you love about yourself, all the opportunities vou've had. By writing about it. you're putting yourself in the right mindset to believe in what you can do," says Muir. Need a self-esteem surge? Read your journal.

#### **EMBRACE THOSE** TERRIBLE, HORRIBLE, NO GOOD. VERY BAD RUNS.

Those epic runs where you effortlessly maintain pace and the miles fly by? Enjoy them. But don't underestimate heavy-legged workouts. "The runs where I had no mojo whatsoever but managed to slug it out remind me that I'm strong even when I feel weak—and I can keep

#### **GRATITUDE JOURNAL.**

#### **CHOOSE A** RACE-DAY UNIFORM.

One that makes you feel fast and powerful. "I race in black, because it makes me feel strong," says Gallant, adding, "If I'm looking for a bit of extra cheering from spectators, I'll wear my 'FAB' shirt."

#### STOP STRESSING. **JUST RUN!**

Perhaps the biggest inner-beauty boost of all is to adopt an IDGAF attitude. "Most of the girls I've coached were worried about the way they looked, but at the end of the day, would you rather run as fast as you can or look like an airbrushed image that's not even real?" muses Muir. Real runners get blotchy skin. Our hair gets sweaty. Our noses run. It's not a case of #WokeUpThisWay. It's much more powerful: #EarnedIt.

#### DON'T LIMIT YOUR RACE GOAL TO A PR.

"Make a goal to find one new friend at the starting line—or to get a goofy race photo. It makes you excited for other aspects of the race experience," says Mays.







#### SEATED FORWARD BENDS

Sit with your legs straight in front of you. Bend your left knee and rest your sole against your inner right thigh. Reach your arms straight overhead and then (a) lengthen forward over your straight right leg and hold onto your foot, ankle or leg, depending on how far you can stretch comfortably. (b) With each exhalation, try to sink into the stretch a little more. After 30 to 60 seconds, sit up and repeat with a bent right leg and straight left leg.

**STEP IT UP: (c)** Try this stretch with both legs extended out in front of you.

WHOSE FAVE? Nicki Miller, managing editor WHY? "I like the way this stretches my back and hamstrings, and I love the way you can quickly improve your flexibility by doing this regularly."









#### FORWARD HIGH KNEES

Stand with both feet on the ground. (a) Lift your left knee toward your chest, propelling your body forward, and move your arms like you're running (right arm forward). (b) Alternate arms and legs so your right knee lifts toward your chest, keeping your abs engaged so your back is straight and your butt doesn't stick out. Keep going until you cover 50 meters. Turn around and repeat 4 times.

STEP IT UP: If you're feeling sluggish mid-run, lift your knees higher during every stride for 10 seconds. WHOSE FAVE? Caitlyn Pilkington, web editor

**WHY?** "I love this plyo exercise at the end of my run, because it trains my knees to lift higher while running, and the guick switches between feet help with my running cadence. Plus it's fun!"

#### SPIDERMAN STRETCH

(a) Stand up straight with feet together. (b) Take a giant step in front of you with your right foot, placing your hands on the ground on either side of it, and lower into a deep runner's lunge. (c) Keeping your hands on the floor, fully straighten your back leg and lift your hips back and up as you straighten your front leg and lift your toes until you feel a stretch. Lower back down into a lunge and step your left foot in to meet your right. Repeat this movement stepping forward with your left leg.

**STEP IT UP:** Add one more movement: After you return to the runner's lunge, twist your torso toward your bent knee and lift the same arm as your front leg up toward the ceiling. Return to the lunge and step your feet together.

WHOSE FAVE? Jessie Sebor, editor in chief **WHY?** "This is my absolute favorite dynamic warm-up and a must-do before speed work and races. It opens up my tightest spots: guads, hips, calves and hammies."







#### **GLUTE BRIDGE**

Lie on your back with your knees bent, feet flat on the floor and hip-width apart. Your arms should be alongside you with palms facing down. (a) Press your feet into the floor as you lift your hips. Keep knees hip-width apart—do not let them splay. Press down through your arms and shoulders as you lift your hips higher. Release the pose by slowly unrolling your back to the floor one vertebra at a time.

**STEP IT UP: (b)** For a deeper stretch, you may clasp your hands under your back with your shoulders tucked underneath you.

WHOSE FAVE? Allison Pattillo, contributing gear editor

WHY? "This targets your butt, hips and abs and is one of winning ultrarunner Rory Bosio's must-do exercises."









#### CURTSY SQUAT TO LATERAL LUNGE

Stand up straight with feet together, holding a dumbbell in both hands. (a) Cross the right leg behind your left to come into a curtsy, bending both knees. (b) Push off with your right foot to bring your right leg to the side and lower into a lateral lunge. This completes one rep. Continue alternating between these two moves for a total of 10 reps. The repeat on the other side.

**STEP IT UP:** To make it more difficult, increase the weight of the dumbbell.

WHOSE FAVE? Erin Douglas, art director WHY? "To build strong stabilizer muscles in your legs and butt, this combo move will work your butt from multiple angles to help lift and sculpt your backside."

#### **OBLIQUE PUSHUPS**

(a) Start in a plank position with straight arms. Begin by bending your right knee toward the outside of your right elbow. Touch your knee to your elbow and repeat on the left side. Do this move a few times with each leg to warm up your muscles. (b) Now, begin lowering your body into a pushup position, while alternating knees to elbows. Repeat 15 times per side.

STEP IT UP: Once you can do 15 on each side, move up to two sets of 10–15.

WHOSE FAVE? Nicole Christenson, senior manager, media marketing

WHY? "These oblique pushups are super tough, but they work so many parts of your body at once. It may take some time to get there, but once you can complete these, you will feel like such a rock star!"

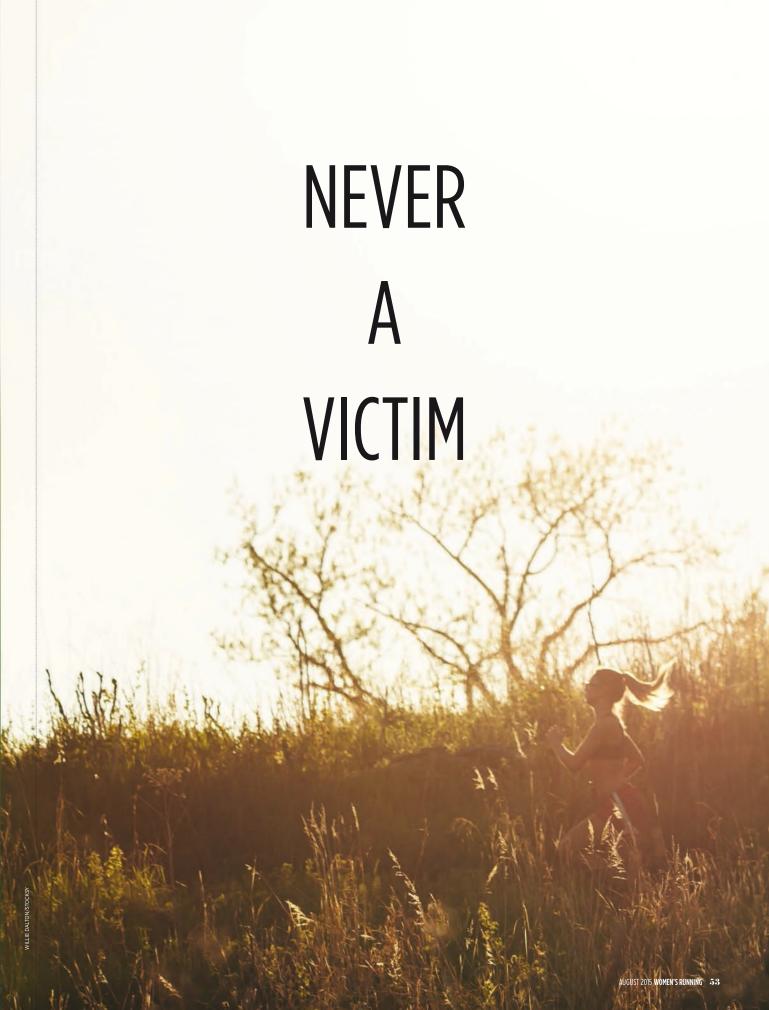




Six years ago, a Norwegian track star living in Texas

was dragged into a stranger's SUV and brutally assaulted.

Today, she shares her story of survival.



"AUTHOR, PUBLIC SPEAKER, RUNNER, YOGINI, PERSONAL TRAINER AND CROSS-COUNTRY SKIING COACH FROM NORWAY. A lot of things can define me and who I am—but victim is not one of them."

This is how Monika Kørra, 24, describes herself in the bio on her blog. And this month, the former Division I track star expands on her story in the release of *Kill the Silence*, an autobiography that details her decision to go public with the story of her brutal rape.

Born in Loten, Norway, Kørra grew up in the mountains, competing in cross-country skiing and distance running. A junior champion in her home country, she was recruited by a coach at Southern Methodist University in Texas and accepted a scholarship. Her fierce independence and desire to compete collegiately overpowered the facts that she'd never even traveled to the United States before and did not speak fluent English.

The young runner made her way to the Dallas campus in 2008 and immediately immersed herself in academics and athletics. In her autobiography she writes, "I was lonely but was so focused on keeping my grades up for the scholarship that I spent all my time either in training or studying, so I didn't really notice how much time I was spending with myself."

Her comfort level shifted when another Norwegian runner, Kristine Eikrem Engeset, joined the team during Kørra's second semester. In Engeset, Kørra found a confidant, someone who understood her struggles to adjust. The two became fast friends and moved in together along with a fellow teammate from Estonia.

In December 2009, the three housemates were walking home from a party late at night when a black SUV pulled up with the window lowered. Within seconds, Kørra felt the cold metal of a gun pressed to her head, and the release of Engeset's fingers as a man snatched her from her friend's tight grasp.

In the hour that followed, Kørra was raped at gunpoint by the three men in the vehicle, violently forced to submit her clothes, her jewelry and ultimately herself. "I willed myself to do what I'd been doing for years as a runner," she says, "to let go of my body and ignore the signals of pain it was trying to send my brain."

Although certain she would be



murdered, Kørra was ultimately shoved out of the SUV with her eyes duct taped shut and instructed to run. The minutes, months and years that followed became the race of her life. The three men were ultimately convicted of kidnap and rape, one sentenced to 25 years, the two others to life.

Through the trial, Kørra focused on the fact that *her life* would go on. While most women who experience sexual assault choose to remain anonymous, the runner made the decision to go public with her story after the trial's close. She wanted her voice to be one of survival and hope.

With time, Kørra returned to running, ultimately supporting SMU's win at the USA Cross Country Championship title in 2011. She credits the sport with helping her to build back physical and emotional strength. Living in Norway now, Kørra continues to compete, clocking times as fast as 1:20 in the half marathon and 17:11 in the 5K. She is also a certified advocate for rape-crisis victims and founder of The Monika Kørra Foundation, which fosters awareness "surrounding the horror and prevalence of sexual abuse."

In anticipation of the release of *Kill the Silence*, she has shared with us an excerpt from her story.



ON CHRISTMAS EVE 2009, I HAD GONE TO [MY CHILDHOOD SKIING TOWN OF] BUDOR, because I had experienced a loss greater than any other in my life, and the only way I knew how to move beyond it was to train harder than ever. I turned to what I knew best—the same way I responded after a race that hadn't gone as I'd hoped. First, I would experience panic and the desire for wish fulfillment-I wanted to get back out on the track immediately and do everything different, fix every mistake. I was certain that a bad race meant it was over—my running career, my chances of progressing, everything gone. If I could just get out there again, maybe no one would notice that I'd failed.

Over time, I'd learned that first reaction wasn't the best reaction. No good could come of rushing right back out there. I needed to give myself time—time to reflect, to analyze and to plan a better strategy. I also came to understand that my career wasn't over, that





the stakes of every race weren't that high. We all have good races and bad races. I couldn't outrun my mistakes or pretend that they hadn't happened. I had to learn from them. What was the point of enduring if all you were going to do was repeat the same mistakes and wind up back at the starting line having learned nothing?

I'd come to think of it like this: We couldn't ever expect to have a completely pristine, track-free trail. Those other marks would still be there, showing where our missteps were, where we'd not taken the most efficient line around a turn, but that was okay. We'd eventually settle into a groove and make the fastest progress.

That morning in 2009, my parents had both gone off to work. I decided that I needed to get my body back into its familiar routine. I got out of bed and struggled just to pull on my base layer. It was as if the polyester and spandex had been transformed into some kind of super fabric that resisted my muscles' efforts to overcome the forces of their friction and resistance. As I pulled and tugged, I sat down on the bed, breathing hard and crying, remembering how someone else's force had stripped me of my dress, my bra and my underwear.

If I felt like my power was diminished now in the simple act of clothing myself, then what had taken place on the night those three men overpowered me? What they had stripped from me couldn't be measured on a stopwatch. I knew that I would need to achieve a series of victories if I was ever going to reclaim some of what had been taken from me. And in that moment, I realized that getting dressed and going to Budor was going to be the first. I knew that more than my body had been damaged, but that is where the harm had begun, and it was there that I was going to begin to heal.

I attacked the trails with a fury that seared my lungs and strafed my quadriceps and my hamstrings. I beat my way across the snow and the climbs, teeth gritted, snarling and slipping, sometimes spinning in place and then recklessly hurtling downhill once past the apex. For three hours, I burned calories and bridges hoping to put as great a distance between that night and myself as I possibly could. I remember stopping at the crest of one hill, my heart pounding, my chest heaving, nearly every fluid in my body pouring out of my eyes and nose, and thinking that I didn't want to go back there—not back to Dallas and the scene of the crime and not back home either. I just wanted to ski on forever, stay lost in those woods and mountains, allowing the cold and the wind to numb me past sensibility and reason.

DEC. 5, 2009, WAS THE MOST HORRIFIC DAY OF MY LIFE. I wish that I could say that what I experienced in being kidnapped and raped was an isolated incident of random violence. Sadly, the statistics point to a devastating alternate truth: On the day I was raped, 1,870 other people in the United States endured the horror that I did.

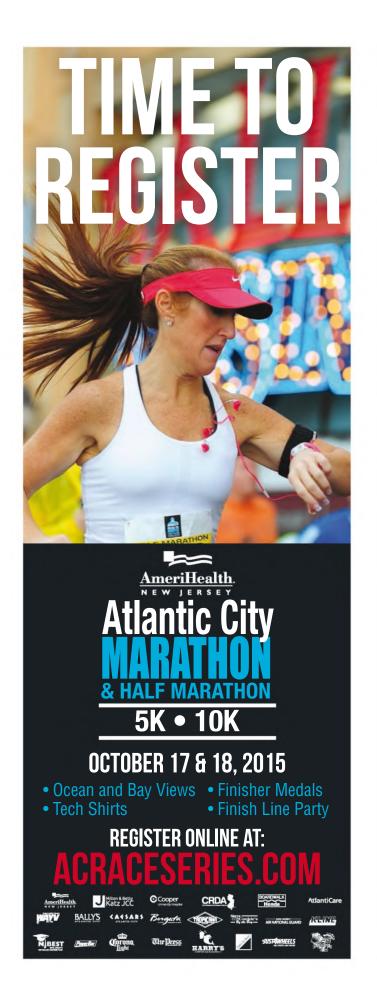
In choosing to tell my story, I hope to shatter the silence that often follows attacks like the one I endured. The paralyzing feelings of guilt and shame that accompany being raped last far longer than the assault itself. Just as rapists often tell their victims to shut their mouths, society can do something similar to victims. I hope that by sharing my experiences, I can help others who've been raped, as well as their family members, friends, mental health experts and counselors, gain a new and better perspective from someone who was there and is now here. The silence does not have to linger forever. I'm fortunate that I was able to utilize many of the skills and traits that I had developed over the years as a competitive runner to aid my healing.

For those who have struggled with adversity, who have experienced things that they wish they could undo or leave behind, those who are haunted by their past, I am here to say that there is a way through. We will all face it; we will refuse to allow those feelings of guilt and shame to hold us back or to victimize us again. We can use those experiences, as horrible as they might have been, to make us stronger than we ever dreamed possible. I hope that in reading my story you'll find some keys to unlocking your own strengths and abilities. You may not be a runner like I am, but you can begin to move more freely in your world and in your own wav.

I was victimized, but I refuse to be called a victim. I've been sad, but I won't let anyone feel sorry for me anymore. I've been raped, but I will never let that define who I am.

ADAPTED FROM KILL THE SILENCE: A SLIPVIVOR'S LIFE RECLAIMED. COPYRIGHT ©2015 BY MONIKA KØRRA. TO BE PUBLISHED BY HARMONY BOOKS, AN IMPRINT OF THE CROWN PUBLISHING GROUP, A DIVISION OF PENGUIN RANDOM HOUSE LLC, ON AUGUST 25







# Mountain Mountain Majesties



Rooted in history and camaraderie, European mountain running is a modern marvel.

By Allison Pattillo

#### **MOUNTAIN MAJESTIES**









#### Chamonix. France,

has been a hotbed of trekking and mountaineering since the 18th century. Early exploits centered on reaching the 15,781-foot Mont Blanc—first summited in 1786—with thrill seekers eventually expanding their quests to include neighboring peaks and mountain flanks.

Snow sports flourished in the cold climate, and Chamonix was host to the very first Winter Olympic Games in 1924. The town of 10,000 residents has evolved with the times, and tourism continues to flourish almost 300 years later.

Contemporary gear may be lighter weight and higher tech than the wool and leather of early trekkers, but the guest for exploring the mountains around Chamonix remains. Hiking, skiing, climbing and now trail running have secured the hamlet's place at the epicenter of modern mountain adventuring. And trails first created out of necessity. to hunt for nourishment and to communicate and trade between villages,

have become pathways for adventurous runners. Chamonix has 350K of maintained trails in its valley alone. The number increases exponentially when you head across the border to neighboring Italy or Switzerland—traveling to different countries by foot power is an experience not to be missed.

#### THE RACE

What the Boston Marathon is for road racers, the Super Bowl is for football fans and Wimbledon is for tennis aficionados, the Ultra-Trail du Mont-Blanc (UTMB) is for trail runners. The 13th running of the **UTMB** this August includes three countries (competitors run from France to Italy to Switzerland and back to France as they circumnavigate the peak), 104 miles, roughly 33,000 feet of climbing, 2,300 racers and more cowbell than most of us will hear in a lifetime.

Qualifying standards

for the UTMB are stringent, but in 2014, race officials added a 50K option. Clocking in at just over 31 miles, this distance is difficult but more in the ballpark of "doable." The Orsières - Champex - Chamonix (OCC) race follows a portion of the route for UTMB, beginning in Switzerland and ending in Chamonix meaning participants have the opportunity to tread on the same trails as 104-mile racing heavyweights, while gaining an unforgettable introduction to European mountain running.

#### 2 THE HYPE

Last year, I decided I was up for the OCC challenge. On race day, 1,200 of us fit into the city square of Orsières, the early morning chill forgotten in eager anticipation of the journey to come. Excited locals cheered from windows above the square, while drones hovered overhead in curious contrast to the ancient cobblestones under our feet.

As we ran through town and into the countryside, we found streets lined with cheering schoolchildren, clapping spectators and clanging











- Racers need to bring a doctor-signed medical certificate stating they are fit to race.
- \* "Toto, we're not in Kansas anymore"—the comprehensive mandatory gear list includes a fully charged cellphone with an international calling plan and your passport.
- Carrying a few euros in your race belt is a good idea, especially if you want to buy a fortifying glass of schnapps at the Trient aid station.
- \* Remember, aid stations stock European standards, such as breads, meats, cheeses, chocolate. coffee and wine—seriously. Delicious to be sure, but it's wise to bring your race-fueling standbys if vou're not used to rich food on the run.
- Learn more at ultratrailmb.com.

cowbells. The genuine enthusiasm and legions of spectators persisted at every checkpoint, town and trail junction along the journey. Sporting culture runs deep and local appreciation for those willing to test themselves in the mountains is a time-honored tradition.

#### THE SCENERY

Chamonix is guintessentially charming with its café-lined streets and old-world architecture. Persistent rain gave way to blue skies for a stunning race day and panoramic views as surreal as the legions of supporters. Flower-filled meadows (so this is what "Heidi" was all about), uninterested cows, charming hillside cafés and postcard-worthy villages filled the course.

Somehow the scenery improved even more with altitude, and, in a race with almost 11,000 feet of climbing, there were

plenty of opportunities to enjoy the view. At one point, jet lag threatened to get the best of me, and I momentarily considered a trailside nap on a pillowy patch of moss.

#### THE RUN

It's difficult to pinpoint why, but the OCC, even with its challenging terrain, was the most perfect trail race I've run. Swiss-precision race organization definitely contributed, as did the well-marked route.

Perhaps it was running in a stunning location and on routes imbued with history. It was gritty and dirty, but there was an energizing honor in the suffering. And, whenever I started to head down a mental black hole, something special would spur me onward. I soon

discovered trailside blueberry bushes in a high alpine meadow, locals ready to run alongside me for a few meters or the ultimate boost of seeing familiar faces at an aid station.

I couldn't have asked for a better day of running. Of course I had my low moments, but looking back on it, my OCC experience wasn't about the time on the clock so much as it was the thrill of the experience.

#### **SNACK ATTACK**

Lardons, cheeses, hard cider, raclette, macaroons, meringues and chocolate may not be your typical pre-race fuel, but everything I sampled was très bon. Running-to-eat vacations have their advantages! Fresh eggs, curries, berries, roast chicken, buttery potatoes and tender lettuces rounded out my gluten-free fueling options. I will admit, however, the baguettes and croissants smelled amazing!





For a compelling argument why to ditch the scale immediately, read on...

BY RACHEL COSGROVE





ARF YOU **OBSESSED WITH** WHAT THE SCALE SAYS? MORE AND MORE WE **ARFIFARNING** THAT THE NUMBER THAT POPS UP WHEN YOU STEP ON THAT PLATFORM IS NOT TELLING THE WHOLE STORY WHEN IT **COMES TO YOUR BODY AND YOUR** HEALTH.



Many women start running to lose weight or think that losing weight will make them a faster runner. In hopes to see the scale go down, working toward a magical number, they start a restricted diet. By doing this, the scale may go down, but most likely muscle will be lost in the process.

Being lighter doesn't always equal faster. Losing muscle usually results in becoming weaker, having less power and being slower. Not only that, but by focusing on weight loss, you'll usually end up looking like a smaller version of the same body, instead of achieving a fitter self.

#### **Judgment Days**

If you are trying to get in better shape, looking in the mirror isn't an effective form of feedback either. Instead of noticing progress,



#### **PERCENTAGE MATTERS**

A healthy body will decrease your risk of disease and lengthen your life. Here's a guideline of what a target body-fat percentage should be:

Elite Athletes: 14–20% Fit and Healthy: 21–24% Average: 25–31%

If shifting your attention away from the scale and toward overall body health is difficult or impossible to do alone, consult a counselor or nutritionist for more specific tips that will work for you.

many women see a distorted view of themselves, focusing in on the areas they don't like.

When it comes to tracking results, many women only turn to the scale. They will let a small, metal, inanimate object make or break their day. The scale should never be your only tracking device. In most cases, it shouldn't even be considered when working toward

building a strong, athletic runner's body—and here's why:

A study published in the International Journal of Obesity and Related Metabolic Disorders showed the long-term effects of a very low-calorie diet. When 27 people followed a very restricted meal plan, they lost an average of 19 pounds in eight weeks, which is 2.38 pounds a week. But here is

the kicker: For every 13 pounds of fat they lost, they lost 6 pounds of muscle! Of the 19 pounds lost, 32 percent was the stuff that's great for a strong body. Sure the scale showed a lower number, but they had withered away lean muscle, becoming weaker and decreasing their metabolism.

#### Body Breakdown

The average woman is made up of about:

- 35% muscle
- 28% fat
- 37% bone, organs, fluid and other stuff

This means a 150-pound woman is roughly made up of 52.5 pounds muscle and 42 pounds fat.

After an eightweek, very-lowcalorie diet (similar to the study mentioned), a formerly 150-pound woman would lose





woman would lose 19 pounds and weigh 131 pounds, with 46.5 pounds muscle and 29 pounds fat.

As she comes off the low-calorie diet, she would most likely gain the weight back as all fat, putting her back to where she started at 150 pounds but now with 46.5 pounds muscle and 48 pounds fat.

The same 150-pound number on the scale is made up of more fat and less muscle. The number on the scale definitely does not tell the whole story.

Usually at this point she would repeat the process, losing another 19 pounds, including another 6 pounds of muscle until eventually it becomes harder and harder to lose the weight. After just one more low-calorie diet (most women have done more than two in

their lifetimes), she would be down 12 pounds of muscle. At this point, she would need to gain 12 pounds of muscle, which means the scale would have to go up to restore her

metabolism back to where it was.

#### Study of Success

On the other hand, a research report at the Mayo Clinic in 2011 divided 54 women

#### SHOULD I EVER MEASURE?

Short answer: Only if you want to. Sometimes it's helpful to use an objective measurement if your goal is to get fitter. Instead of the scale, try tools that will calculate your body-fat percentage (a much better predictor of your health). This can be measured by a fitness professional using calipers or with a bioimpedance machine.

You can also try underwater weighing, but this is sometimes not realistic to get regular measurements done. At home, you can use a pair of pants as a measurement. Grab a pair that doesn't fit, and as you are making progress, try them on every 2 to 3 weeks to track your progress.

For some people, throwing any sort of number away is healthier mentally and emotionally. Concentrate on feeling healthy. Do you feel rested at night and alert during the day? Are you setting goals and meeting them? Are you making good choices? Are you happy? Asking yourself these questions is more powerful than any string of digits.

into 4 groups: Group 1: diet with

weight loss

Group 2: exercise with weight loss

Group 3: exercise without weight loss

Group 4: weightstable control

The women who exercised and did not lose weight lost the same amount of fat as the diet group who lost weight. The difference? The exercise group had added lean muscle, meaning they were also more fit and stronger at the end of the study. The conclusion was that exercise without weight loss is associated with substantial reduction in total and abdominal obesityfurther proof that the scale does not have to go down for you to become more healthy.

By focusing on building powergenerating muscle for running (instead of your weight), you will not only improve your speed-but you will also decrease your risk of injuries. Every step you take running, you'll have the strength to support your joints for miles.

#### **Weighty Advice**

Another consideration when it comes to watching the scale is the fact that women reach peak bone mass around the age of 35. Since women are at a high risk for

osteoporosis and osteopenia, increased bone mass is a good thing.

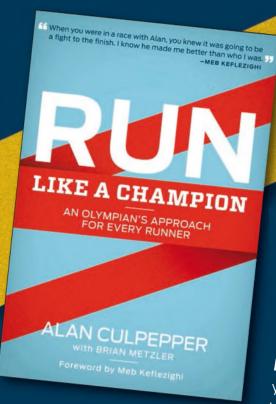
Weight-bearing activities, such as running and weight training, help to increase this—which is why putting pressure on yourself to weigh what you did in high school makes absolutely no sense. If you are in your 30s, your body is made up of more bone and hopefully more muscle, so you will not weigh the same.

All this is to say: Throw out the scale! Using your weight is outdated when it comes to measurements of whether your body is changing and if you are healthy. As a society, we need to start approaching exercise, diet and body changes differently and take the emphasis off of what we weigh and instead put the focus on getting fit. This means increasing strength and metabolism and decreasing the risk of diseases including obesity-related ones. How do you do this? By building muscle and losing fat, changing the ratio of what your body is made up of.

Start approaching your fitness and nutrition with the goal of completely reinventing your body to get a healthy body composition and stop looking down for a "perfect" number. 🌑

# IS USA LIKE A CHAMPION

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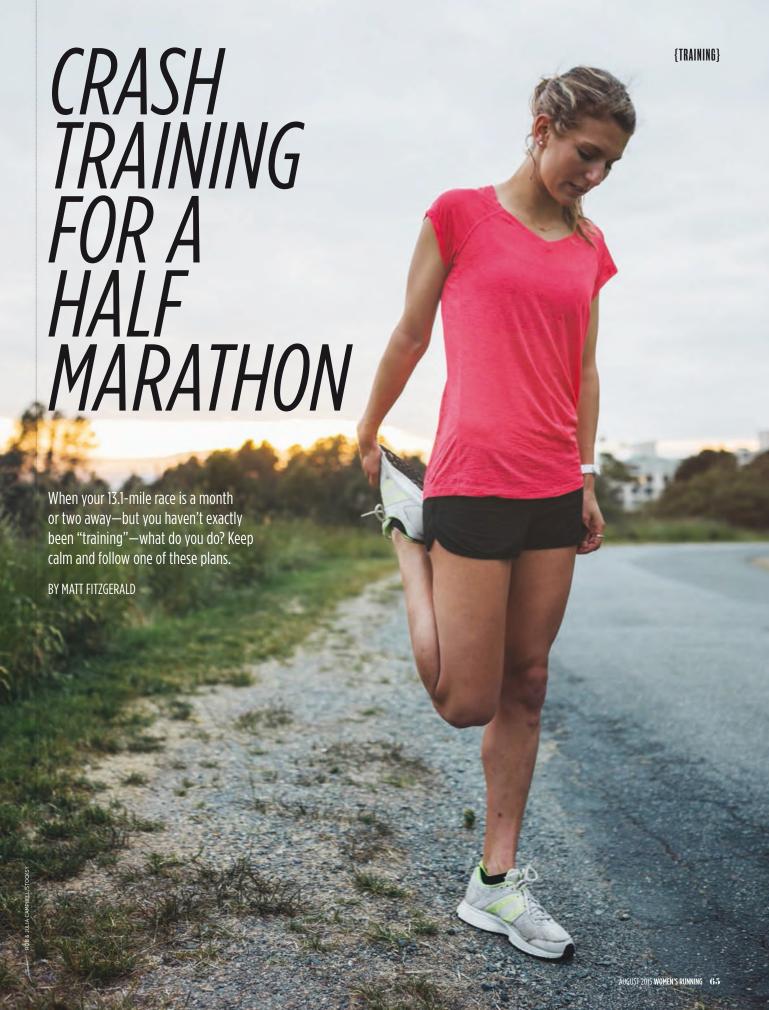


With **Run Like a Champion**, you can adopt the Olympic approach of America's most versatile runner, Alan Culpepper. During his career, Culpepper lined up against the world's best runners at two Olympic Games and won national titles from 5K to marathon. Now he shares the best practices of the best runners, revealing a big-picture approach that you can use to improve your running.

**Run Like a Champion** will enhance everything about your running and make your goals not just possible but probable.

AVAILABLE in bookstores, running shops, and online.





#### CRASH TRAINING FOR A HALF MARATHON

eather Colasuonno was in the best shape of her life while training for the 2014 Toronto Waterfront Half Marathon when she was sidelined by an Achilles tendon strain. The 30-year-old wife and mother from Ajax, Ontario, couldn't run for more than a month and returned to the roads just six weeks before race day. Nevertheless, Colasuonno made the best of the training window she had left and ended up coming within seconds of matching her fastest half-marathon ever.

Runners like Colasuonno are living proof that it is possible to "crash train" for a half marathon. Whether it's an injury, an illness, work stress or scheduling that threw you off track, four to eight weeks is enough time to prepare for a successful 13.1-miler provided you're healthy and able to train without further interruptions.

The key to crash training is building fitness quickly without taking big risks. The best tools for fast fitness are frequency and intensity. Doing some kind of cardio almost every day—whether that means running, walking or cross-training—will help you make the most of the time you have. And a couple of those workouts each week should include high-intensity effort, which is proven to stimulate quicker physiological adaptations.

#### **GETTING STARTED**

The following four crash-training plans are designed to build maximum half-marathon fitness in minimum time. Choose the plan that best fits your current situation.

All four plans use a five-point intensity scale based on ratings of perceived effort (RPE). Heart-rate monitors can be helpful, but going by feel works just as well. Use these quidelines to understand your plan's intensity scale.

RPE	Feels Like
1	Very Easy—a pleasant effort you feel you could keep up almost indefinitely
2	Comfortable—you're not holding yourself back but you can still easily carry on a conversation
3	Comfortably Hard—the highest intensity at which you can speak comfortably
4	Hard—after a few minutes at this intensity, your breathing is labored
5	Very Hard—an effort that you can sustain for a couple of minutes at most

Each plan includes "optional" days, when you have a choice to rest, walk, run or cross-train (XT) with non-impact cardio, such as cycling or elliptical training. You'll get fitter faster if you choose the rest option only when you feel your body needs it.

In Interval Walk/Run workouts, walk the RPE1 portions if necessary to keep your perceived effort at an appropriate level. In Long Run/Walk workouts, mix walking and running as you see fit or as necessary to keep your RPE between 1 and 2.

#### 4-Week Beginner Plan

Choose this plan if your goal is to walk or walk/run a half marathon that is four weeks away and you're currently fit enough to comfortably walk/run 5 miles.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 3 x (1 min @ RPE 5)/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 30 min @ RPE 1–2 or REST	<b>WALK</b> 60 min @ RPE 1–2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 30 min @ RPE 1–2 or REST	LONG RUN/WALK 5 miles @ RPE 1–2
2	REST	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 35 min @ RPE 1–2 or REST	<b>WALK</b> 65 min @ RPE 1–2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 6 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 35 min @ RPE 1–2 or REST	LONG RUN/WALK 7 miles @ RPE 1–2
3	REST	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 7 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 40 min @ RPE 1–2 or REST	<b>WALK</b> 70 min @ RPE 1–2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 8 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 40 min @ RPE 1–2 or REST	LONG RUN/WALK 9 miles @ RPE 1–2
4	REST	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (2 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 45 min @ RPE 1–2 or REST	<b>WALK</b> 60 min @ RPE 1–2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 3 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	REST	HALF MARATHON!

**8-Week Beginner Plan**Choose this plan if your goal is to walk or walk/run a half marathon that is eight weeks away and you're currently fit enough to comfortably walk/run 3 miles.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	FAST FINISH RUN 25 min @ RPE 2 + 5 min @ RPE 3	OPTIONAL WALK, RUN or XT 30 min @ RPE 1–2 or REST	<b>WALK</b> 50 min @ RPE 1-2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 3 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 30 min @ RPE 1–2 or REST	LONG RUN/WALK 3 miles @ RPE 1–2
2	REST	FAST FINISH RUN 30 min @ RPE 2 + 5 min @ RPE 3	OPTIONAL WALK, RUN or XT 35 min @ RPE 1–2 or REST	<b>WALK</b> 55 min @ RPE 1–2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 35 min @ RPE 1–2 or REST	LONG RUN/WALK 4 miles @ RPE 1–2
3	REST	FAST FINISH RUN 30 min @ RPE 2 + 10 min @ RPE 3	OPTIONAL WALK, RUN or XT 40 min @ RPE 1–2 or REST	<b>WALK</b> 60 min @ RPE 1-2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 7 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 40 min @ RPE 1–2 or REST	LONG RUN/WALK 5 miles @ RPE 1–2
4	REST	FAST FINISH RUN 30 min @ RPE 2 + 5 min @ RPE 3	OPTIONAL WALK, RUN or XT 35 min @ RPE 1–2 or REST	<b>WALK</b> 50 min @ RPE 1-2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 35 min @ RPE 1–2 or REST	LONG RUN/WALK 4 miles @ RPE 1–2
5	REST	TEMPO RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 15 min @ RPE 3 + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 45 min @ RPE 1–2 or REST	<b>WALK</b> 65 min @ RPE 1–2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (2 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 45 min @ RPE 1–2 or REST	LONG RUN/WALK 6 miles @ RPE 1–2
6	REST	TEMPO RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 18 min @ RPE 3 + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL Walk, Run or XT 45 min @ RPE 1–2 or REST	<b>WALK</b> 70 min @ RPE 1-2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (2 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 45 min @ RPE 1–2 or REST	LONG RUN/WALK 8 miles @ RPE 1–2
7	REST	TEMPO RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 20 min @ RPE 3 + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 45 min @ RPE 1–2 or REST	<b>WALK</b> 70 min @ RPE1-2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 6 x (2 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 45 min @ RPE 1–2 or REST	LONG RUN/WALK 10 miles @ RPE 1–2
8	REST	TEMPO RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 15 min @ RPE 3 + 5 min @ RPE 2 + 5 min @ RPE 1	OPTIONAL WALK, RUN or XT 45 min @ RPE 1–2 or REST	<b>WALK</b> 60 min @ RPE 1-2	INTERVAL RUN/WALK 5 min @ RPE 1 + 5 min @ RPE 2 + 3 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	REST	HALF MARATHON!

#### CRASH TRAINING FOR A HALF MARATHON



#### 4-Week Intermediate Plan

Choose this plan if your half marathon is four weeks away and you're fit enough to run 6 miles and finish strong.

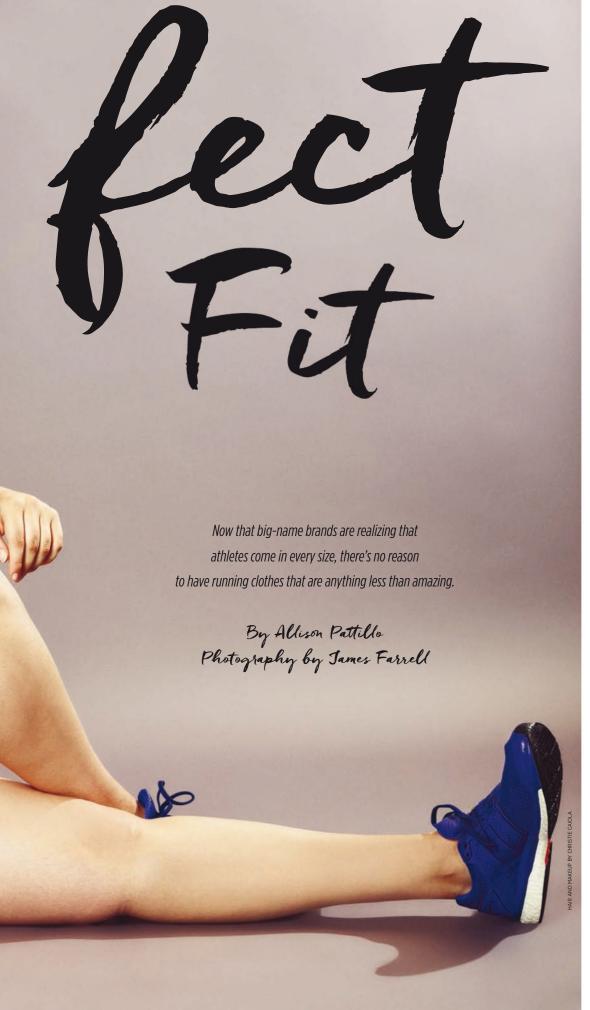
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>EASY RUN</b> 40 min @ RPE 2	OPTIONAL XT or RUN 40 min @ RPE 2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 3 x (3 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 40 min @ RPE 2	LONG RUN W/ FAST FINISH 5 miles @ RPE 2 + 1 mile @ RPE 3
2	REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 7 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>EASY RUN</b> 45 min @ RPE 2	OPTIONAL XT or RUN 45 min @ RPE 2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (3 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 45 min @ RPE 2	LONG RUN W/ FAST FINISH 6.5 miles @ RPE 2 + 1.5 miles @ RPE 3
3	REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 9 x (1 min @ RPE 1) + 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>EASY RUN</b> 50 min @ RPE 2	OPTIONAL XT or RUN 50 min @ RPE 2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (3 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 50 min @ RPE 2	LONG RUN W/ FAST FINISH 8 miles @ RPE 2 + 2 miles @ RPE 3
4	REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 7 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>EASY RUN</b> 45 min @ RPE 2	OPTIONAL XT or RUN 40 min @ RPE 2 or REST	FAST FINISH RUN 20 min @ RPE 2 + 10 min @ RPE 3	REST	HALF MARATHON!

#### 8-Week Intermediate Plan

Choose this plan if your half marathon is eight weeks away and you're fit enough to run 5 miles comfortably.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	FAST FINISH RUN 30 min @ RPE 2 + 5 min @ RPE 3	EASY RUN 35 min @ RPE 2	OPTIONAL WALK, RUN or XT 35 min @ RPE 1–2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	XT 35 min @ RPE 2	LONG RUN 5 miles @ RPE 2
2	REST	FAST FINISH RUN 35 min @ RPE 2 + 5 min @ RPE 3	<b>EASY RUN</b> 40 min @ RPE 2	OPTIONAL WALK, RUN or XT 35 min @ RPE 1–2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 7 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 40 min @ RPE 2	<b>LONG RUN</b> 6 miles @ RPE 2
3	REST	FAST FINISH RUN 35 min @ RPE 2 + 10 min @ RPE 3	<b>EASY RUN</b> 45 min @ RPE 2	OPTIONAL WALK, RUN or XT 40 min @ RPE 1–2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 9 x (1 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 45 min @ RPE 2	LONG RUN 7 miles @ RPE 2
4	REST	FAST FINISH RUN 30 min @ RPE 2 + 5 min @ RPE 3	EASY RUN 35 min @ RPE 2	OPTIONAL WALK, RUN or XT 35 min @ RPE 1–2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 7 x (1 min @ RPE 5/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 35 min @ RPE 2	LONG RUN 6 miles @ RPE 2
5	REST	TEMPO RUN 5 min @ RPE 1 + 10 min @ RPE 2 + 15 min @ RPE 3 + 10 min @ RPE 2 + 5 min @ RPE 1	<b>EASY RUN</b> 45 min @ RPE 2	OPTIONAL WALK, RUN or XT 45 min @ RPE 1-2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 6 x (2 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 45 min @ RPE 2	LONG RUN W/ FAST FINISH 7 miles @ RPE 2 + 1 mile @ RPE 3
6	REST	TEMPO RUN 5 min @ RPE 1 + 10 min @ RPE 2 + 20 min @ RPE 3 + 10 min @ RPE 2 + 5 min @ RPE 1	EASY RUN 50 min @ RPE 2	OPTIONAL WALK, RUN or XT 50 min @ RPE 1-2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 5 x (3 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 50 min @ RPE 2	LONG RUN W/ FAST FINISH 7.5 miles @ RPE 2 + 1.5 miles @ RPE 3
7	REST	TEMPO RUN 5 min @ RPE 1 + 10 min @ RPE 2 + 25 min @ RPE 3 + 10 min @ RPE 2 + 5 min @ RPE 1	EASY RUN 55 min @ RPE 2	OPTIONAL WALK, RUN or XT 50 min @ RPE 1–2 or REST	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (4 min @ RPE 4/ 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 55 min @ RPE 2	LONG RUN W/ FAST FINISH 9 miles @ RPE 2 + 2 miles @ RPE 3
8	REST	TEMPO RUN 5 min @ RPE 1 + 10 min @ RPE 2 + 20 min @ RPE 3 + 10 min @ RPE 2 + 5 min @ RPE 1	EASY RUN 45 min @ RPE 2	INTERVAL RUN 5 min @ RPE 1 + 5 min @ RPE 2 + 4 x (2 min @ RPE 4) 2 min @ RPE 1) + 5 min @ RPE 2 + 5 min @ RPE 1	<b>XT</b> 35 min @ RPE 2	REST	HALF MARATHON!







When it comes to being fit, healthy and happy, size isn't a factor. Unfortunately, when it comes to finding athletic apparel, it can be. All women want clothing that fits, functions well and is flattering. But for female runners with a larger frame, historically, there have been few options. (Keep in mind that this isn't just a lagging industry in terms of shape but gender too. The first sports bra only debuted in 1975!)

Thankfully, times are changing. "About 10 years ago, I saw a shift towards more technical fabrics, better designs and improved quality," says Jeanette DePatie, a fitness instructor who blogs at The Fat Chick with the mission to prove "every body can exercise."

The key is finding a brand that understands the needs of your body. With wicking elements, durability and style as givens, we went in search of the latest run-ready looks to keep you feeling fabulous as you crank out the miles.



## Be Motivated the SKIN YOU'RE IN: GRATITUDE **JunoActive** Superior seaming is paramount for JunoActive, in addition to having on-point styles. "We work to make sure all our sizes have the best fit and same look in every size," says company founder Anne Kelly. "A shirt that has a short sleeve that hits just above the elbow should have that same fit in all sizes." In fact, Kelly worked with the College of Design at the University of Minnesota Twin Cities to set national fit standards for "plus-size." "No woman wants clothing to distract or hinder her workout; the whole point of being active is feeling good about yourself," Kelly says. "[I started the company because] I really wanted women to put on our clothes, feel great and be motivated. That's still what I want, 20 years later." A no-chafe neck and soft material are two of the winning features in the SoftWik Heather Basic V-Neck Tee (\$55). QuikWik Shirred Edge Capris (\$65) add a bit of whimsy to this workout staple, which also features wide elastic in the waist and two lines of stitching to help the band lay flat. This look is available at junonia.com.

## HAPPY NOW! **Lane Bryant** According to Lane Bryant Inc. CEO and President Linda Heasley, its "maniacal focus on the right combination of style, technology, function and superior fit" is what makes the brand unique. "Our goal is to make our customers feel fashionable, confident and comfortable for whatever activity she loves," Heasley says. "It's time to dispel the myth that 'her size' women aren't active—we have marathoners, surfers, tennis players, yoga instructors, dancers, weight lifters, walkers and more in our stores every week!" With cute cutouts, runners can sweat in style in the Wicking Open Back Top (\$40). The Marble Print **Capri Legging** (\$35) features a bold print and gentle all-over compression. Your girls will stay secure on the go in the **Molded Underwire Sport Bra** (\$44–\$54 based on size), while the Wicking Active Sock (\$7) ensures you stay dry all the way to the tips of your toes. All are available at lanebryant.com. Shoes: Saucony Hurricane ISO (\$150, saucony.com) 74 WOMEN'S RUNNING AUGUST







# READY. SET. ROCK.

MARATHON | 1/2 MARATHON | 10K | 5K | RELAY | 1 MILE







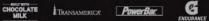








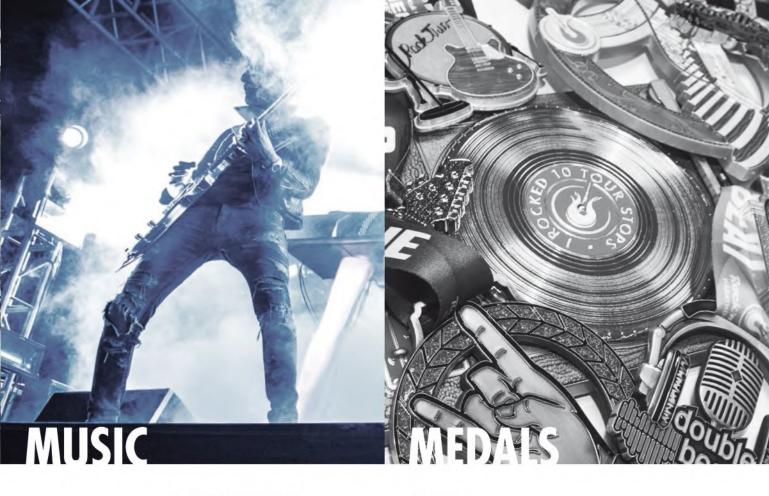












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AUG 2 DUBLIN, IRELAND SEP 5-6 VIRGINIA BEACH, VA SEP 20 MONTREAL, CANADA SEP 26-27 SAN JOSE, CA BROOKLYN, NY OCT 10 OCT 18 DENVER, CO OCT 18 LISBON, PORTUGAL OCT 17-18 ST. LOUIS, MO OCT 25 LOS ANGELES, CA OCT 24-25 VANCOUVER, CANADA OCT 31 PHILADELPHIA, PA MERIDA, MEXICO OCT 31 NOV 7-8 SAVANNAH, GA

NOV 13-15 LAS VEGAS, NV

DEC 5-6

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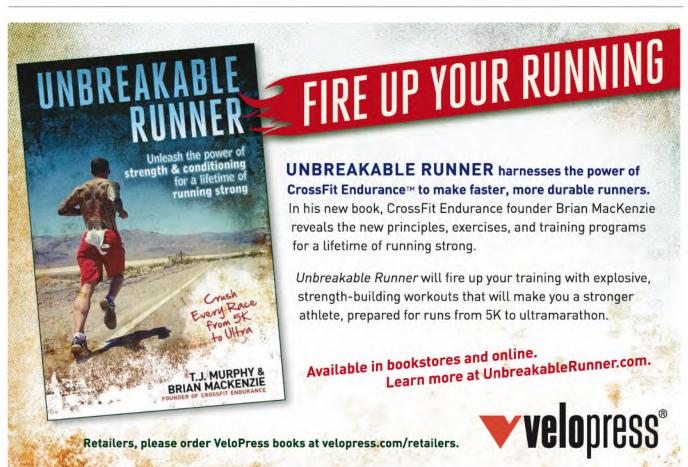












26 oz

24

20

16

12

8

#### TRANSPARENT

Not at all. In fact, you are likely over-hydrated. In the worst cases, this condition can be deadly. If you are experiencing lethargy, confusion or nausea, get yourself to a doctor stat.

#### PALE YELLOW TO LIGHT CARAMEL

You're well hydrated good as golden. (Sorry...pee joke.)

PERSONAL QUESTION: What's the color of your pee?

#### PINK

Did you eat beets within the last 48 hours? If not, head to the ER.

#### DARK YELLOW TO LIGHT BROWN

Dehydration alert. It's time to sip some fluids and relax. If you have a fever or notice abdominal pain or an acute headache, seek medical attention.

### Prevent Dehydration by Getting Your Fluid Game on Point

Here's how: First, weigh yourself naked before a run.

Don't drink anything on the run, and when you get back, strip down again and step on the scale. Subtract the second number from the first. One pound equals 16 oz. of water, so for every pound you lost, you

should have consumed that much liquid en route. And you will! Next time.



Sixteen ounces is this much.





### Forerunner 225 with wrist-based heart rate.

Hate wrestling with a heart rate strap on the run? We get it — so we got rid of it. We even refined how this watch gauges your effort, so you don't have to decide if 176 beats per minute means you're cookin' or almost cooked. Create customized workouts or download free training plans at Garmin Connect, send to your watch and get coach-like guidance.

GARMIN.

Forerunner® 225